

INFORMATION FOR EXTERNAL PSYCHIATRISTS IN REGARDS TO ADHD ASSESSMENTS FOR MILITARY MEMBERS

PURPOSE

This information sheet provides information for external psychiatrists in regards to referrals for an Attention Deficit Hyperactivity Disorder (ADHD) assessment for military members.

Assessment

It is understood that a comprehensive mental health and neurodevelopmental assessment is needed, including collateral history, as part of the assessment. In some cases this may require several psychiatrist assessment sessions, or be undertaken in liaison with another mental health professional.

If ADHD is diagnosed and a trial of ADHD medication is proposed, generally in Defence the expectation is that there will be regular psychiatrist review during any medication titration. If there is a plan for general practitioner (GP) titration after your assessment and recommendation, this should be agreed in the GP's referral or by discussion with the referring GP.

If a plan for GP oversight of medication titration is agreed, psychiatrist review is required no later than six months after initiation. Psychiatrist review is also required if an alternative stimulant medication is to be trialled.

The referring health centre can arrange regular physical observations during titration, but would need to be advised prior to medication commencement to book these appointments in. Please ask the member to contact the health centre to book in for this prior to starting their ADHD medications.

Defence has its own authorisation process for S8 medications for members being prescribed stimulant medication for 'on label' indications prescribed by psychiatrists when doses prescribed are no greater than the dosages listed in Table 10-1 below. Defence requires a physical script to dispense stimulant medications – medications cannot be dispensed from e-scripts. The relevant state or territory real time prescription monitoring (RTPM) system will be checked by Defence pharmacists prior to dispensing. For your awareness, Defence at present does not contribute data to the RTPM systems therefore S8 medications prescribed and dispensed within the Australian Defence Force (ADF) will not show in these systems.

If dosages proposed are above the limits in Table 10-1 or for off-label indications, applications for a Defence authorisation must include evidence of a State or Territory authorisation (or evidence of an exemption), in addition to a detailed specialist report including rationale for use, recommended management plan and outline of previous therapies trialled.

If referral to another medical specialist is required prior to a medication trial (eg cardiologist), please liaise with the referring medical officer.

Once the member is stable on ADHD medication and no further medication changes are planned, repeat scripts can be then provided by the member's GP with your written authorisation. This authorisation should include:

- confirmation that continued GP prescribing is now appropriate
- details of the medication to be prescribed, including dose (including limits on dosing adjustments), frequency, any titration schedule, the maximum monthly quantity, and requirements for review by the specialist.

We request an annual psychiatric review in regards to progress, tolerability and ongoing prescribing plan.

Serving members are expected to maintain readiness to deploy overseas at short notice. Some members have roles whereby they will work in austere conditions removed from advanced health supports. Given that stimulant medications are controlled medications and illegal in some countries, the prescription of stimulant medications may impact a serving member's ability to undertake certain roles and/or deployments. Given this, some members may be interested in trialling non-stimulant treatments for ADHD, such as atomoxetine, if ADHD is diagnosed.

Table 10-1 Endorsed maximum stimulant doses for Attention Deficit Hyperactivity Disorder (ADHD)

Stimulant	Dosage
Dexamfetamine table	40mg
Methylphenidate conventional tablet	60mg
Methylphenidate controlled release tablet	72mg
Methylphenidate controlled release capsule	80mg
Lisdexafetamine controlled release tablet	70mg