

What is your experience of accessing ADHD medication?

I am a private patient and I have experience of accessing medication via the hospital and private pharmacy.

Hospital

When I was first prescribed medication, I used to go and collect it from the hospital pharmacy on a Sunday. The hospital pharmacy hours then changed. I found it to be very tricky having to find somewhere to park, having to drop the prescription in and pick it up again all whilst having to deal with the queues at the pharmacy.

Private Pharmacy

When the hospital no longer accepted private prescriptions, I moved to getting my medication from a private pharmacy. As they are open on Saturdays and later into the afternoons, it is so much easier to access my prescriptions. I have more of a choice of parking too.

Have you had experience of long waiting lists for medication?

As a private patient, I haven't had this experience.

What feedback have you with regards to overall experiences? Could you provide examples?

I am now in my late 20's and I have been seen by both public and private psychiatrists since I was a child. I struggled a lot with public health services when I was younger as the ADHD experience as a female is a lot different to how it presents in males. Although I am diagnosed with ADHD-C type, a lot of my hyperactivity symptoms are less obvious. It was a struggle for myself and my parents to be believed by CAMHS and I was finally diagnosed after several misdiagnoses.

Now as a private patient, I feel I am very well understood, especially as more and more research is coming out about the female experience of ADHD.

My experience with medication is that it is lifechanging. It has ended many years of needless suffering. Without the medication I would not have the successful and happy life that I have.

What impact do you believe the following to have on your patients?

The biggest impact for me with medications is currently the cost. I am on an extended release formulation and need a booster in the afternoon as a top up. However since the hospital no longer accepts private prescriptions, I have had to pay for the medication. This comes at a cost of over £200 a month which is unsustainable. It is unfair that I have to pay so much for medication that I need to live a normal life. I am an essential worker and I am looking at having to possibly move off island as having a mortgage and bills to pay on top of the medication cost is too much.

Do you believe that the frequency of prescribing medication could or should be decreased and do you believe that the authority to prescribe medication should be expanded to GPs?

I believe that once you are diagnosed and stable on a medication dosage, you should move to shared care with a GP and that medication should be free. It would be much more beneficial if I could access more than 1 months at a time too.

What ideas do you have, if any, that may help improve the situation(which could assist the Panel in its recommendations to the minister)?

I think moving to shared care with GP's will take the pressure off mental health services and more people could access support.

Are you aware of any shortage of ADHD medication on the Island?

I am aware of worldwide medication shortages. My medication has been affected by the shortage.