



Shared Care & GP Working Policy

Our official policy for healthcare professionals,
outlining CQC standards and NICE compliance.

Shared Care & GP Working Policy

Summary

- Shared care allows your GP to take over prescribing your medication once you are settled
- GPs have no legal obligation to accept shared care from a private provider
- You must be clinically stable on your medication for a minimum of 6–12 weeks first
- Shared care is at the discretion of the GP or ICB and is not a guaranteed service
- We provide all clinical reports and will continue private prescribing if your GP declines

Service overview

Lighthouse Pathways is a UK-based, CQC-registered ADHD service providing specialist assessment, diagnosis, and treatment in line with NICE NG87 guidelines.

- Assessments are completed by appropriately qualified clinicians
- Prescribing is undertaken by qualified independent prescribers
- Patients remain under ongoing specialist oversight throughout treatment

Shared Care approach

We support collaborative work with NHS GPs where clinically appropriate.

Shared care may be considered once:

- A comprehensive ADHD assessment has been completed
- A diagnosis has been confirmed
- Medication has been initiated and stabilised (typically 6–12 weeks minimum)
- Baseline physical health checks have been completed
- A clear treatment and monitoring plan has been issued

Shared Care

Is not automatic and remains at the discretion of the GP and/or local ICB.

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Information provided to GP practices

To support decision-making, we provide:

- Full diagnostic assessment report
- Medication initiation and titration summary
- Current prescribing plan (dose, formulation, schedule)
- Physical health baseline (BP, pulse, weight ± ECG where clinically indicated)
- Ongoing monitoring guidance aligned to NICE recommendations
- Named clinician contact for direct communication

Responsibilities Under Shared Care

Lighthouse Pathways	GP Practice (if accepted)
Retains overall clinical responsibility for ADHD management	Issues repeat NHS prescriptions
Conducts annual specialist reviews (minimum requirement)	Undertakes routine monitoring (e.g. BP, pulse, weight)
Provides guidance on medication adjustments and optimisation	Communicates any concerns or adverse effects
Offers ongoing clinical support to GP practices	

Clinical Governance & safety parameters

To ensure safe prescribing, shared care will not be supported where:

- The patient is not under ongoing specialist review
- The diagnosis originates from a non-CQC regulated provider
- Treatment has been initiated outside UK standards without review
- Required baseline checks or monitoring are incomplete

Medication adjustments

Must be made only under specialist direction. GPs are not expected to independently alter ADHD medication.

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Existing diagnoses & bridging

- All patients with prior ADHD diagnoses (UK or international) undergo clinical review
- Bridging prescriptions may be considered at clinician discretion
- Prescribing is not based solely on external documentation without assessment

If Shared Care is declined

We recognise current pressures across primary care. Where shared care is not accepted:

- Lighthouse Pathways will continue prescribing privately
- The patient remains under our care
- There will be no interruption to treatment

Communication & collaboration

We encourage direct communication with GP practices to support safe, coordinated care.



Click to download our Shared Care in 5mins Guide

The essential takeaways on timelines, costs, and the 4-step process.

Or visit: lighthousepathways.co.uk/downloads/shared-care.pdf