**Right to Choose (RTC) Referral Process & AccuRx Questionnaire**

**Introduction**

This document outlines the **Right to Choose (RTC) referral process** for **Attention Deficit Hyperactivity Disorder (ADHD)** and **Autism Spectrum Disorder (ASD)** assessments. It aims to provide clear guidance for both **practice staff** and **patients**, ensuring an efficient and safe referral process.

The document is divided into two sections:

1. **Practice Implementation** – Guidance for staff on processing RTC referrals.
2. **Patient Information** – A structured guide to help patients understand their choices, responsibilities, and next steps.

This structured process ensures **efficient referrals**, **patient safety**, and **minimal administrative burden** while clarifying responsibilities for both patients and practice staff. By implementing this, we aim to streamline **RTC referrals**, reduce unnecessary delays, and protect practice resources.

**Practice Implementation: RTC Referral Process**

**Overview**

RTC allows patients to choose their preferred **NHS-contracted** provider for ADHD/ASD assessments. This process is designed to ensure referrals are handled consistently while maintaining patient safety and minimising administrative burdens.

**Key Practice Considerations**

* Patients must **choose their own provider**—GPs cannot recommend one.
* **AccuRx questionnaire** will be sent to collect standardised referral information.
* **RTC providers are responsible** for arranging any transition to NHS services.
* **GPs cannot routinely prescribe ADHD medications**, and Shared Care Agreements are unlikely to be accepted.

**See shared care agreement protocol which outlines who and when we would enter a shared care agreement with (Shared Care Agreement for ADHD Management with private ADHD clinic and Right to Choose providers (Child and Adult ADHD)**

**Patient Information: Right to Choose Referrals and Prescriptions**

**What is the Right to Choose?**

Patients have the right to choose their provider for an **ADHD or ASD** assessment under the NHS Right to Choose scheme. Our GPs will provide the referral to the patient or send it directly to their chosen provider upon request.

If the patient has any questions about their appointment, they must contact the provider directly. **RTC providers** are typically private companies with NHS contracts.

**Choosing a Right to Choose Provider**

Our GPs **cannot** select a provider on the patient's behalf. Patients must:

* Research their options.
* Choose a provider that meets their needs.
* Inform the practice of their choice so that we can advise on the next steps.

A useful resource for finding RTC providers is **ADHD UK**: [https://adhduk.co.uk](https://adhduk.co.uk/)

**Referrals**

Since each provider has its own referral process, our GPs cannot complete different forms for every provider. However, most require the same core information. To streamline this process:

* Patients will receive an **AccuRx questionnaire** to complete.
* This will allow us to **automatically collect the necessary information** for the referral.
* If the provider needs additional details, they can request them directly from the practice or the patient.

**Diagnosis and Follow-up**

* Most RTC providers **operate remotely** and conduct online assessments.
* **NHS services may not accept these diagnoses**, and additional assessments may be required before transitioning into NHS care.
* **The RTC provider is responsible for arranging any transfer of care into the NHS**. Some providers claim they cannot do this, but this is **incorrect** and leads to unnecessary delays and additional work for our team.

**Prescriptions and Shared Care Agreements**

If an RTC provider diagnoses a patient with ADHD, they may recommend medication. However:

* **ADHD medications are specialist-prescribed drugs**, meaning GPs **cannot routinely prescribe them**.
* The prescribing responsibility remains with the **specialist service**.
* RTC providers may request a **Shared Care Agreement**, but we are unlikely to enter into these due to:
  + **Patient safety concerns** – Each RTC provider has different prescribing protocols.
  + **Service continuity risks** – If an RTC provider ceases trading or loses its NHS contract, prescriptions may be suddenly discontinued.

Patients should consider this before choosing a provider and ensure their RTC provider will continue prescribing any recommended medications.

**Next Steps for Patients**

* **Step 1:** We will send the patient an **AccuRx questionnaire** to complete.
* **Step 2:** Once they have chosen a provider, they must **inform us** so we can process the referral accordingly.

**Summary: Key Points to Consider Before Choosing an RTC Provider**

| **Topic** | **Key Information** |
| --- | --- |
| **Choosing a provider** | Patients must research and select their own provider. A good starting point is ADHD UK. |
| **Referral process** | We will send an AccuRx questionnaire to collect necessary details. |
| **Diagnosis acceptance** | NHS services **may not** accept RTC diagnoses without reassessment. |
| **NHS transfer responsibility** | The RTC provider must arrange any transition into NHS care. Some may claim they cannot, but this is **not true**. |
| **Prescriptions** | Our GPs **cannot routinely prescribe ADHD medication**. Prescriptions remain the responsibility of the RTC provider. |
| **Shared Care Agreements** | We are **unlikely** to enter into a Shared Care Agreement due to patient safety concerns and service continuity risks. |

If patients have further questions, they should speak with us before making a decision.

**AccuRx Questionnaire for RTC ADHD/ASD Referrals**

**Patient ADHD/ASD Referral Questionnaire**

**Q1. MULTIPLE CHOICE QUESTION (ONE ANSWER)**  
Would you like to be referred for an **ADHD (Attention Deficit Hyperactivity Disorder)** assessment or an **ASD (Autism Spectrum Disorder)** assessment?  
*(If you require assessments for both, you will need to complete a separate form for each.)*

* ADHD
* ASD

**Q2. FREE TEXT QUESTION**  
What symptoms, difficulties, or experiences have led you to suspect that you may have ADHD or ASD?

**Q3. FREE TEXT QUESTION**  
How do these symptoms impact your daily life (e.g. education, work, home, relationships)?

**Q4. FREE TEXT QUESTION**  
Do you have a family history of ADHD or ASD?  
If yes, please specify which condition and the family member(s) diagnosed.

**Q5. FREE TEXT QUESTION**  
For adult ADHD referrals, please complete the **ADHD self-assessment score**:  
🔗 <https://adhduk.co.uk/adult-adhd-screening-survey/>  
Enter your scores below:

* **Part A:** (e.g., 8)
* **Part B:** (e.g., 5)

**Q6. FREE TEXT QUESTION**  
Please provide your **email address** so we can contact you if needed.

**Q7. FREE TEXT QUESTION**  
Please provide the **name** of the Right to Choose provider you wish to use and a **link to their website**.

**Q8. MULTIPLE CHOICE QUESTION (ONE ANSWER) (YES)**  
By submitting this form, I confirm that:

* I have read the guidance from **Bottisham Medical Practice Shared Care Agreement for ADHD Management with private ADHD clinic and Right to Choose providers (Child and Adult ADHD)**
* I consent to my referral being sent to the RTC provider named above.
* I agree that my GP can email referral along with a summary of my medical records. **[Insert link to BMP website with guidance here]**