

embracing ADHD



the handbook

All you need to know about how our treatment
programme works



**DO
NOT
BELIEVE
EVERY
THING
YOU
THINK!**

WELCOME

Welcome to embracing ADHD. We will do all we can to ensure that the treatment meets your expectations. If we fall short in any way, then have a conversation with us and we will do our best to put it right.



This booklet summarises the key information needed to optimize treatment. We prefer email contact since we work remotely and have no office. This also ensures that we have an audit trail with regards to what we have said and done.

Ongoing treatment uses what we call enhanced care plus.

We use protonmail as our email host which has end to end encryption. If we encrypt an email (because the contents are sensitive) the decryption key is usually your birthdate in the form ddmmyyyy.

Quality is important to us, and we take seriously any issues raised in our quality survey which all our patients are asked to complete.

We operate as a team of doctors with our invaluable support staff. So, your interactions may be with me, as the principal, or with my sessional psychiatrist or specialist general practitioners. If you saw me initially you will see the other psychiatrist at 2-4 months for your first review and vice versa. This improves our continuity of care to you.

If you use our general address reception@drtonymander.com our staff will ensure your query goes to the right person.



ENHANCED CARE PLUS

We offer a more convenient method of service delivery we call **Enhanced Care Plus**. It is superior to standard care but what is it? Standard care, as its name suggests, is what patients would expect from any doctor. Face to face appointments are used to discuss progress, get certificates and prescriptions, and, in the case of attentional disorders, undertake an annual review. This necessitates coming into an office at least twice a year for prescriptions alone. This is inconvenient. With long waiting lists for an appointment, it might be difficult if a patient is without medication.

With **Enhanced Care Plus** you are provided with a comprehensive treatment plan. This includes:

- Direct email contact (using our encrypted service) to get clinical and administrative questions answered.
- e-scripts.
- Provision of certificates.
- Treatment optimization.
- Scheduled and additional telehealth appointments as required. Some additional charges occur for extended, unscheduled, or face to face appointments.

We respond to requests quickly, meaning you are unlikely to be without medication. When comparing the cost of our service to other clinics do not forget to include time away from work and travel costs needed to attend regular office-based appointments at traditional clinics.



THINGS WE'RE AWESOME AT

Assessment and Treatment



Assessment

Pre Interview Work Up
Interview
Corroboration



Titration Phase

Medication is the mainstay
Stimulants have been used for a long time
Non stimulants may have a role on their own or in combination
Interactions with alcohol and illicit drugs
BP and pulse measured to assess CVS risk

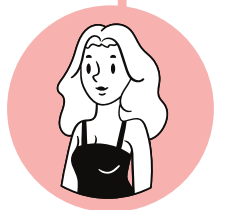


Behaviour Therapy

Coach, Counsellor or
Psychologist with experience in
treating those with attentional
disorders

Stabilisation

Review response
Check understanding of condition
and ongoing management



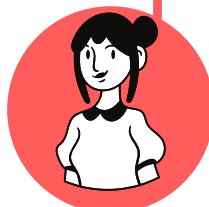
Maintenance

Regular escripts
Regular review of email feedback and
scale scores
Urine checks as required
Telehealth appointments



Strength of Approach

Response to emails usually same day
We often work over the week-end
We are experienced in working with
ADHD adults
Proactive reminders of key review dates



TELEPSYCHIATRY

Telepsychiatry is part of telehealth and uses telecommunications devices to provide psychiatric services to people who are separated from a psychiatrist by distance. It offers several benefits, including convenience and accessibility.

It is a branch of telemedicine. Technology is typically video based and provides a range of healthcare services. This includes the use of email and SMS/phone services. Using telepsychiatry, psychiatrists can interact directly with patients via telephone or video conferencing facilities.

Research indicates that telepsychiatry is an effective and cost-efficient option that increases patient access by providing an alternative to traditional in-person psychiatric services. It is equivalent to in-person care.

For some people, such as autistic individuals, and those with severe anxiety disorders, telepsychiatry may be preferable to face-to-face treatment. This might be because many people feel more willing to 'open up' from the comfort of their own home. Patients and providers report high satisfaction levels.

Telepsychiatry works similarly to traditional in-person appointments. We always initiate the call to start an appointment.



THE MEDICATIONS

We use stimulants and non-stimulants. Most stimulants are processed in the gut and are better absorbed if you take them with food. More alkaline and less acid foods will lead to better absorption.

A list of Acid / Alkaline Forming Foods

Your body pH affects everything...

Balancing the pH is a major step toward well-being and greater health.

The pH scale is from 0 - 14

0 1 2 3 4 5 6 7 |Healthy| 8 9 10 11 12 13 14

Healthy = 7.35 - 7.45

Human blood pH should be slightly alkaline (7.35 - 7.45). Below or above this range means symptoms and disease. A pH of 7.0 is neutral. A pH below 7.0 is acidic. A pH above 7.0 is alkaline.

An acidic pH can occur from, an acid forming diet, emotional stress, toxic overload, and/or immune reactions or any process that deprives the cells of oxygen and other nutrients. Microforms like bacteria, yeasts and fungi also create acidic toxins in your body.

Not only that, but they proliferate in an acidic body. So, not only do they “show-up” in an acidic body, they also pollute and further acidify your body.

For this reason, it is important to cleanse & detoxify your body in order to jumpstart the process of balancing your pH.

The body will try to compensate for acidic pH by using alkaline minerals. If the diet does not contain enough minerals to compensate, a build up of acids in the cells will occur. By increasing your intake of alkaline-mineral rich water and alkaline supplements, you will replenish your body’s capacity to neutralize excess acids.

An acidic balance will: decrease the body’s ability to absorb minerals and other nutrients, decrease the energy production in the cells, decrease it’s ability to repair damaged cells, decrease it’s ability to detoxify heavy metals, make tumour cells thrive, and make it more susceptible to fatigue and illness. A blood pH of 6.9, which is only slightly acidic, can induce coma and death.

The reason acidosis is more common in our society is mostly due to the typical Australian diet, which is far too high in acid producing animal products like meat, eggs and dairy, and far too low in alkaline producing foods like fresh vegetables. Additionally, we eat acid producing processed foods like white flour and sugar and drink acid producing beverages like coffee and soft drinks. We use too many drugs, which are acid forming; and we use artificial chemical sweeteners like NutraSweet, Equal, etc, or Aspartame, which are poisonous and extremely acid forming. One of the best things we can do to correct an overly acid body is to clean up the diet and lifestyle.

To maintain health, the diet should consist of 60% alkaline forming foods and 40% acid forming foods. To restore health, the diet should consist of 80% alkaline forming foods and 20% acid forming foods.

Generally, alkaline forming foods include: most fruits, green vegetables, peas, beans, lentils, spices, herbs and seasonings, and seeds and nuts.

Generally, acid forming foods include: meat, fish, poultry, eggs, grains, and legumes.

Ranked Foods: Alkaline to Acidic

Extremely Alkaline

Lemons, watermelon.

Alkaline Forming

Cantaloupe, cayenne celery, dates, figs, kelp, limes, mango, melons, papaya, parsley, seaweeds, seedless grapes (sweet), watercress.

Asparagus, fruit juices, grapes (sweet), kiwifruit, passionfruit, pears (sweet), pineapple, raisins, umbos plums, and vegetable juices.

Moderately Alkaline

Apples (sweet), alfalfa sprouts, apricots, avocados, bananas (ripe), currants, dates, figs (fresh), garlic, grapefruit, grapes (less sweet), guavas, herbs (leafy green), lettuce (leafy green), nectarine, peaches (sweet), pears (less sweet), peas (fresh, sweet), pumpkin (sweet), sea salt (vegetable).

Apples (sour), beans (fresh, green), beets, bell peppers, broccoli, cabbage, carob, cauliflower, ginger (fresh), grapes (sour), lettuce (pale green), oranges, peaches (less sweet), peas (less sweet), potatoes (with skin), pumpkin (less sweet), raspberries, strawberries, squash, sweet Corn (fresh), turnip, vinegar (apple cider).

Moderately Acidic

Bananas (green), barley (rye), blueberries, bran, butter, cereals (unrefined), cheeses, crackers (unrefined rye, rice and wheat), cranberries, dried beans (mung, adzuki, pinto, kidney, garbanzo), dry coconut, egg whites, eggs whole (cooked hard), fructose, goat's milk (homogenized), honey (pasteurized), ketchup, maple syrup (unprocessed), milk (homogenized).

Molasses (un-sulphured and organic), most nuts, mustard, oats (rye, organic), olives (pickled), pasta (whole grain), pastry (whole grain and honey), plums, popcorn (with salt and/or butter), potatoes, prunes, rice (basmati and brown), seeds (pumpkin, sunflower), soy sauce, and wheat bread (sprouted organic).

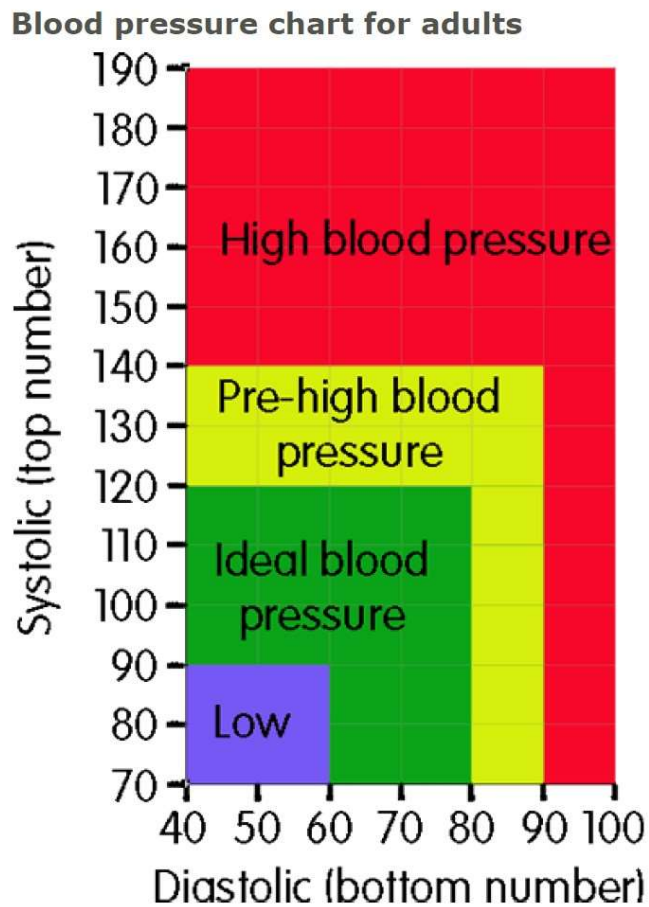
Extremely Acidic

Artificial sweeteners, beef, beer, breads, brown sugar, carbonated soft drinks, cereals (refined), chocolate, cigarettes and tobacco, coffee, cream of wheat (unrefined), custard (with white sugar), deer, drugs, fish, flour (white, wheat), fruit juices with sugar, jams, jellies, lamb.

Liquor, maple syrup (processed), molasses (sulphured), pasta (white), pastries and cakes from white flour, pickles (commercial), pork, poultry, seafood, sugar (white), table salt (refined and iodized), tea (black), white bread, white vinegar (processed), whole wheat foods, wine, and yogurt (sweetened).

BLOOD PRESSURE

Stimulants increase this so make sure you monitor it and ensure your resting pulse is less than 100. Your treatment plan has a more detailed description regarding monitoring your cardiovascular system.



Using this blood pressure chart: To work out what your blood pressure readings mean, just find your top number (systolic) on the left side of the blood pressure chart and read across, and your bottom number (diastolic) on the bottom of the blood pressure chart. Where the two meet is your blood pressure.

OTHER TERMS AND CONDITIONS

The Medicare rebate may be payable when you see Tony. It is not available if your review is by one of our specialist GPs. It is dependent on the length of your appointment and is set by the Federal Government. You must have a current GP referral and be in Australia to make any claim. Fees need to be paid in advance. You may reschedule an appointment if you give a weeks' notice (5 full working days). If you cancel an appointment with less notice, there is no refund if we cannot fill the vacant slot. If we can, we will retain an amount to cover our costs.

There are various fees payable which are processed by our third-party providers [Ezypay](#) and [Ezidebit](#). We usually bill one-off payments using [Ezidebit \(EFTPOS or BPay\)](#). We use [Ezypay \(Direct Debit\)](#) for annual payments for enhanced care. No other forms of payment are possible.

SUMMARY

Despite our best efforts people still run out of medication and then claim they were not aware of the procedures!

After the initial appointment routine follow up appointments by telephone (included in your fee) occur each 12 months for 3 years, moving to 18 monthly and then triennially if all is stable. Your care is always dictated by your clinical stability.

For all telepsychiatry appointments we instigate the call.

Treatment response is monitored based on email feedback, completion of treatment review forms when medication is requested, and telehealth appointments (scheduled and as requested by you or required by us).

You must have permission from our medical staff to increase the amount of medication you are taking. We generally insist on an appointment to discuss this in advance of you making a change. If you do this without our permission, you will run out of medication which will not be replaced.

Also note:

1. We are closed on Public Holidays and usually for the 3 weeks that includes Xmas and New Year.
2. Stay up to date. We email you an update newsletter every two months.
3. New prescriptions can be requested up to 10 days before the expiry of the previous script.
4. If a person is overdue for an annual review, or other requirements have not been completed, prescriptions will not be issued. A person's treatment agreement with us may not then be renewed.
5. Emergency prescriptions incur an extra charge. If none of our medical staff are available, your GP can contact the Health Department and get permission to issue a 1-month script. This is unlikely to be needed.
6. Read the product information statements regarding use of drugs in pregnancy.
7. There may be extra fees for reports (to insurers, universities, employers etc). Replacement documents or prescriptions may also incur charges.

8. If a person has misused their medication, lost it or had it stolen, Medicare will refuse to grant authority for a new script that is being requested early. Lost or stolen tablets are not replaced.
9. If a disagreement arises with you regarding renewal dates the States Scriptcheck service will be consulted. This may result in a fee being charged if our dates are shown to be correct.
10. We recommend you do not opt out of communications from our website as important information such as office closures for holidays is sent via this channel.
11. We will not continue treatment if you decide to take medical marijuana. We are not currently convinced this is safe with the medications we use.
12. We cannot provide treatment if you are abroad for longer than 3 months or in the USA for any period.
13. Ensure you negotiate your transfer with us if you are moving on. You must be under our care to access the medication we have prescribed.

We are here to help. My staff and I will work hard to get things right. However, we are fallible, and mistakes can happen. Individuals should be careful in their interactions with us. The written word is not as subtle and flexible as the spoken form. Rudeness is simply not tolerated. Patients will be discharged if their communications are deemed inappropriate.

WHILE YOU ARE UNDER OUR CARE IT IS ILLEGAL FOR DOCTORS OUTSIDE OUR PRACTICE TO ISSUE YOU WITH A PRESCRIPTION FOR STIMULANTS EXCEPT IN AN EMERGENCY (WITH PERMISSION FROM HDWA). EQUALLY, IF YOU LEAVE OUR PRACTICE YOU CANNOT CONTINUE TO USE PRESCRIPTIONS ISSUED BY US.

IF WE DISCOVER YOU HAVE PROVIDED US WITH INACCURATE INFORMATION REGARDING ANY MATTER YOU MAY BE DISCHARGED IMMEDIATELY. DOCTOR PATIENT RELATIONSHIPS ARE BUILT ON HONEST COMMUNICATION. IN THE ABSENCE OF THAT THE RELATIONSHIP IS IRREPARABLY DAMAGED