



Costs, Shared Care, Prescribing, & Your Ongoing Treatment

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Fluence Clinic Initial Assessment Costs & Treatment Commencement

If your referral is accepted, your journey at Fluence Clinic begins with an initial assessment. Depending on your needs, this will fall under one of 3 core pathways: ADHD, ASD, or Dual ADHD & ASD. **The initial assessment fees are as follows:**

Initial Assessment Pathway	Cost	Telehealth Appointment Duration
ADHD Assessment	£750	60 minutes
ASD Assessment	£875	60 minutes
Dual ADHD & ASD Assessment	£1500	90 minutes

Your initial assessment fee includes:

1. The time spent by your psychiatrist to review your paperwork prior to the consultation
2. A comprehensive telehealth appointment with your psychiatrist
3. A detailed report and management plan outlining your diagnosis, treatment recommendations, and next steps (provided within 7 days of your appointment)
4. An initial prescription, if diagnosed and medication is recommended

If medication is recommended and you commence treatment following your initial appointment, you will proceed into the titration stage.

- **You will be seen 2 weeks after your initial appointment** in order to monitor your progress and explore any potential side effects.
- **You will then be seen every 4 weeks after your first medication review** appointment until you are stabilised on your medication and titrated to the right dosage and frequency.
- **Each of these appointments will cost £250**, which includes the prescription cost.

Once stabilised, reviews will be conducted as needed. If you require additional prescriptions after stabilisation, these may be available at a cost of £75 per prescription.

Fluence Clinic Review Appointments and Prescription Costs

If medication is recommended after your initial assessment and you choose to proceed, you will need follow-up reviews with Fluence Clinic before your care can move to a less frequent review schedule or possible shared care arrangement.

These reviews are an important part of safe prescribing. They allow your clinician to check how you are responding to medication, whether the dose is suitable, whether you are experiencing side effects, and whether any further monitoring is needed.

Review type	Cost	When this may apply
Medication review	£250	If medication is recommended and you commence treatment following your initial appointment: • You will be seen 2 weeks after your initial appointment in order to monitor progress & any potential side effects. • You will then be seen every 4 weeks after your first medication review appointment until you are stabilised on your medication and titrated. • The cost of any prescription associated with each medication review is included in the fee. Once stable, medication reviews will typically become less frequent and are arranged as needed for clinical review or shared care support.
Ongoing prescriptions after stabilisation	£75	This may apply if shared care does not commence or if you'd prefer to continue care privately through Fluence Clinic.

If shared care is agreed with your GP, your GP may take over routine prescribing and monitoring. However, you may still need occasional specialist medication reviews with Fluence Clinic depending on your medication, your GP's requirements, your response to treatment, or any changes in your care. These will be £250 if required.

Please note that the cost of getting medication prescriptions fulfilled is separate to these fees. The medication cost can vary depending on the medication itself, the dose, quantity and the pharmacy where it's fulfilled.

Working Together on Your Care

Following your initial appointment, your Fluence Clinic clinician may recommend treatment, depending on your diagnosis, medical history and preferences. Your treatment may include medication, follow-up reviews, and ongoing monitoring.

In some cases, we may suggest a shared care arrangement with your GP. This will typically occur once your treatment is stabilised, and a shared care arrangement is deemed clinically appropriate.

Shared care is a common approach used across both mental and physical health services. It allows your care to be supported safely between your specialist clinician and your GP, where your GP agrees this is appropriate.

For patients, a shared care agreement can often reduce costs, make ongoing care more convenient, and may feel more manageable.

What is Shared Care?

Shared care is a collaborative agreement between:

Person or Service	Role
You (the patient)	You remain involved in decisions about your care and whether you wish to proceed with treatment.
Your GP	Your GP may agree to prescribe medication and arrange routine physical health monitoring.
Your Fluence Clinic clinician	Your specialist provides treatment recommendations, reviews your progress when needed, and supports your GP with clinical advice.

Will My GP Agree to Shared Care?

In many cases, GPs are happy to support shared care. However, it is important to understand that:

- Your GP is an independent clinician
- Each GP practice makes its own decision about shared care
- Some GPs may not feel able to take on prescribing for certain medications or conditions

This is a normal part of how healthcare works and applies to both NHS and private services.

If Shared Care is Agreed

Your GP may take on:

- Prescribing your medication
- Routine physical health monitoring (such as blood pressure or blood tests)

Your specialist remains involved by:

- Providing guidance and treatment recommendations
- Reviewing your progress when needed
- Supporting your GP with clinical advice

If your GP accepts shared care:

- Your prescriptions are usually provided through your GP (NHS prescriptions if eligible)
- Routine monitoring is often arranged through your GP practice
- You may not need frequent follow-up appointments with your specialist

This can make ongoing care more convenient and reduce costs.

If Shared Care is Not Agreed

If your GP decides not to enter into a shared care arrangement, you still have options. We will always talk these options through with you so you can make an informed decision and support you to choose what works best for you.

Option	What this may involve
Continue care with Fluence Clinic	Your specialist continues to prescribe privately, with follow-up appointments arranged when clinically needed.
Use a private GP	You may choose to see a private GP for prescribing and monitoring, where they are willing and able to support this.
Discuss alternatives	In some cases, your clinician may discuss other treatment options that your GP may be more comfortable managing.

Understanding Possible Additional Costs

We are committed to being transparent about costs before you make decisions about treatment. If shared care is not in place, you may need to consider:

Cost Type	What This May Include
Specialist Appointments	Follow-up reviews with your Fluence Clinic clinician, where clinically needed.
Private Prescriptions	The cost of issuing a private prescription with a private GP, if choosing this route.
Medication	The pharmacy cost of the medication itself, which can vary depending on the medication, dose, quantity and pharmacy.
Monitoring	Private checks such as blood pressure, pulse, blood tests or ECGs, if these cannot be arranged through your GP.

You will always be informed of possible costs in advance, and told what is required and why before you decide whether to proceed.

Medication and monitoring

Some medications require regular checks to ensure they remain safe and appropriate for you. These may include:

- **Blood pressure and pulse** – Some medications can affect heart rate or blood pressure.
- **Blood tests** – These may be needed to check general health, organ function, or medication suitability, depending on the treatment.
- **ECG** – This may be requested if your clinician needs to check your heart rhythm or assess cardiac risk before or during treatment.

Estimated Private Monitoring Costs

Some medications require physical health checks before starting treatment or during ongoing care. These checks are part of safe prescribing practice.

Where possible, these may be arranged through your GP. If they cannot be arranged through your GP, you may choose to arrange them privately.

The figures below are estimates only. Costs vary between providers, locations and the exact tests requested.

Monitoring Requirement	Estimated Private Cost	Notes
Blood pressure & pulse check	Often free to around £30	Some pharmacies offer blood pressure checks for free or at a low cost. A private GP or nurse appointment may cost more.
Basic blood tests	Approx. £60 to £100+	Cost depends on which blood tests are required and the provider.
ECG, also called a heart tracing	Approx. £60 to £120+	Private ECG prices vary by provider.
Private GP or nurse appointment	Approx. £45 to £170+	This may be needed if a provider requires a consultation before arranging tests or reviewing results.

Your Involvement in Decisions

Your care is a shared decision. We will:

- **Explain your treatment options clearly**, so you can understand what is being recommended and why.
- **Discuss the benefits and risks**, so you have enough information to weigh up your options.
- **Talk through practical considerations**, such as share care, prescription costs, medication costs, and monitoring.
- **Give you time to ask questions.**

You are never expected to make decisions without the information that you need.

Questions or Concerns

If you have any questions or concerns about your care, we encourage you to speak with us.

We are committed to:

- Listening to your concerns.
- Responding promptly and respectfully.
- Supporting you to feel safe and informed throughout your care

Raising a concern will not affect how you are treated.

Independent Advice

You can also seek independent advice at any time if you are not satisfied with our response.

ISCAS is an independent Complaints Adjudication service who will be able to help you independently.

<https://iscas.cedr.com>

<https://iscas.cedr.com/wp-content/uploads/2022/08/ISCAS-Patient-Guide.pdf>

Summary

Key Point	What this means
Shared care is collaborative	It involves you, your GP and your specialist clinician.
Your GP may or may not agree	GPs are independent clinicians and can decide whether shared care is appropriate.
Other options are available	Care may be able to continue privately if shared care is not agreed.
Monitoring may be required	Blood pressure, blood tests or ECGs may be needed for safe prescribing.
Costs can vary	Private monitoring, prescriptions and medication may involve additional costs.
You have choice	If required as part of private prescribing, you can choose where to arrange any necessary testing, provided the results are suitable for clinical review.
We will support informed decisions	We will explain requirements, options and costs before you decide whether to proceed.