

Northampton Healthcare NHS Foundation Trust and Takeda¹

Disclaimer: This case study has been initiated, organised and funded by Takeda UK Ltd. The case study summarises the results of a joint working project completed in 2020 between Takeda UK Ltd and the University Hospitals of Birmingham NHS Foundation Trust.

Project Overview

This project addressed the challenge of long waiting lists for adult ADHD management by implementing a service led by Specialist Non-Medical Prescribers (NMPs). This innovative approach, which included digital solutions and non-pharmacological interventions, increased service capacity, improved care quality, and enhanced patient experiences.

Quantitative Outcomes:

- **Increased Service Capacity:** increased patient intake by 50%, averaging 1-3 more patients weekly. Post-discharge, stable patients are annually reviewed by their GP with support by the NMP team when needed.
- **Reduced Pressure on Other Healthcare Professionals (HCPs):** Specialist NMPs prescribe for over 90% of ADHD patients in Northamptonshire, easing the burden on Community Mental Health Teams. Stable patients are managed by their GP under a shared care agreement, optimising resource use and minimising specialist intervention.

Qualitative Outcomes:

- **Improved Quality of Care and Adherence to NICE Guidance:** The service redesign led to a more efficient prescribing pathway and holistic patient care addressing psychological, behavioural, occupational, and educational needs.
- **Improved Patient-Centricity:** The shift of responsibility to Specialist NMPs resulted in a more structured, yet flexible and individualised care provision, enhancing the patient experience.
- **Improved Patient Impact:** Patients reported increased self-esteem, improved relationships, better focus and motivation, and positive changes in employment and social life.
- **Professional Benefits for Specialist NMPs:** The service has raised awareness of the importance of the Specialist NMP role, with NMPs feeling respected and valued, enjoying opportunities for professional development.

Before vs. After Comparison

- **Service Capacity:** Before the implementation, the Adult ADHD, Autism and Tourette's Team (AAATT) did not have the capacity to meet demand. The introduction of the Specialist NMP-led service increased capacity significantly.
- **Patient Management:** Previously, medication decisions and titration were managed by Community Mental Health Team (CMHT). The new service allows these to be managed by Specialist NMPs, streamlining the process and reducing the burden on secondary/tertiary services.
- **Waiting Times:** Although the service has increased capacity, the waiting list remains long due to a rise in referrals, indicating that the system is still working at capacity despite improvements

Key contacts

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Please note, Dr. Van Rensburg and Dr. Latif were initially involved in starting the project. After they left the service, Dr. Walton assumed the lead role in overseeing the project's completion.

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¹Northampton Adult ADHD Services full report. Available at www.pathway-optimisation.co.uk

