

embracing ADHD



the handbook

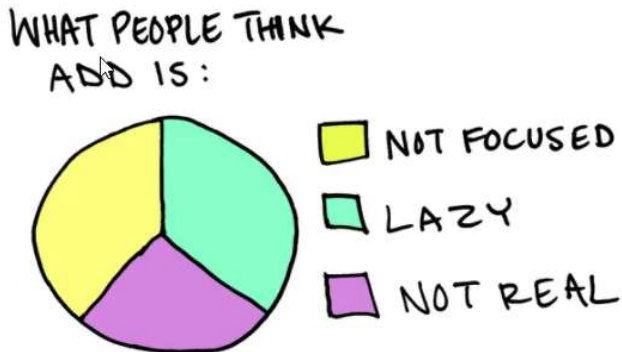
All you need to know about how our treatment
programme works



**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 (but see below).** This ensures that we have an audit trail with regards to what we have said and done.

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. **When contacting us, or replying to an email from us, use the contact form on the website as we do not open emails from private addresses for security reasons.**

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 specialist general practitioners.

In addition to our senior administrative staff, we have a helpline where staff will take your call. They 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:

- email contact via our contact form and using our encrypted service for replies to get clinical and administrative questions answered.
- ecripts.
- Provision of certificates.
- Treatment optimization.
- Appointments as required which are charged separately.

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

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



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 a 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.

There are various fees payable which are processed by our third-party providers **Ezypay** and **Ezidebit**.

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).

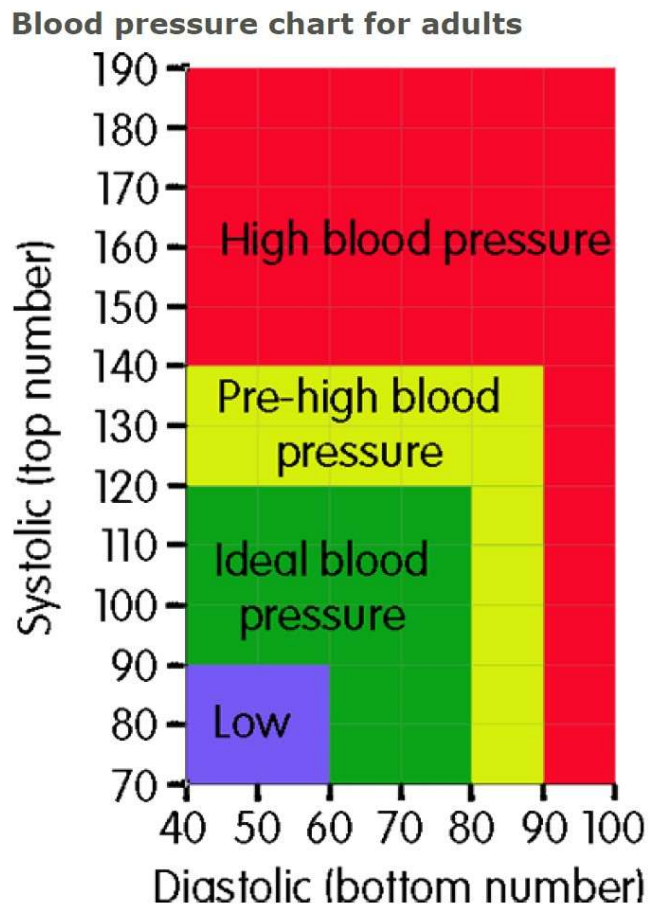
Extremely Acidic

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.

SUMMARY

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

Routine follow-up appointments occur by telephone with our specialist GPs although you may request an appointment with Tony which can be by telephone, videoconference, or face-to-face at our serviced office in Osborne Park. Your care is always dictated by your clinical stability.

For all telepsychiatry appointments we instigate the call. When we use a phone, it will be from a silent number.

Treatment response is monitored based on email feedback, completion of treatment review forms when medication is requested, and 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 for the 2 weeks that include Xmas and New Year.
2. You can stay up to date by consulting our website.
3. New prescriptions can be requested up to 10 days before the expiry of the previous script. The renewal date is provided by email at the same time as the escript. When you lodge your TRF you get a window saying "success" if all has been done correctly. Hence you will know we have your request. It takes 3-5 business days for us to process that. We will email you if we have any queries. Try to answer us immediately so your script renewal is not delayed.
4. If a person is overdue for a periodic review, or other requirements have not been completed, prescriptions cannot be issued. Periodic reviews are generally annual. If we have confirmation from your GP, or your self-certification that you have no other conditions, these may be every 2 years. Where we have no certification (self or GP) your reviews will be 6-monthly.

5. Emergency prescriptions may incur an extra charge. If none of our medical staff are available, your GP may be able to issue a 1-month script.
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, it cannot be 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 are 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. There may be other reasons for us being unable to renew your treatment agreement. We will give you as much notice as possible and support you as you seek treatment elsewhere.
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 continue with the medication we have prescribed.
14. Use the contact form on the website for all email communications as we do not open emails from private addresses for security reasons. You should also use the same form when you are replying to an email from us. Do not use your reply button.

We are here to help. My staff and I will work hard to get things right. However, we are fallible, and mistakes can happen. We will correct these promptly.