



# Autism/ADHD Referral Pathway for Children & Young People - Community Paediatrics Team South Nottingham County & Nottingham City



1

## REFERRAL TO THE COMMUNITY PAEDIATRICIAN – WHAT TO EXPECT

Once the Community Paediatrician has received your referral, your child will be placed on the wait list where you will be offered an appointment in writing. The waitlist is currently approx. 6 months, but this is subject to change.

Please scan here for information about the role of the Community Paediatrician



2

## INITIAL APPOINTMENT WITH THE COMMUNITY PAEDIATRICIAN NEURODEVELOPMENTAL ASSESSMENT

Every child/young person is assessed according to their individual need.

The Community Paediatrician will meet with you and your child to understand their assessment needs. This appointment will usually include a physical examination, a review of your child's medical/family history and developmental milestones.

This appointment will determine what further assessment your child needs i.e. ADHD/Autism assessment. If no assessment is required, your child will be discharged, or an open appointment will be offered.



3

## ADHD ASSESSMENT

If your child has been referred for an ADHD assessment, they may be given a diagnosis at their first appointment, however, further tests or information gathering may be required to determine a diagnosis. If this is the case, a further follow up assessment appointment will then be offered to consider a diagnosis.

If a diagnosis of ADHD is given, you/your child will be signposted to post diagnosis ADHD support.

Medication options will also be considered and discussed if appropriate. Your child's medication can only be supervised by a specialist paediatrician. In some cases, your GP may be able to prescribe ADHD medication if they have what is called a "shared care agreement", which means your Community Paediatrician will retain oversight of your child's medication, but your GP can issue your child's prescription.



AND/OR

4

## AUTISM ASSESSMENT

Occasionally, autism may be diagnosed at the first appointment, if so a follow up appointment for information and advice will be offered. You will also be signposted to the appropriate local and national support organisations.

You will receive a report about your child's diagnosis, this will also be sent to your child's GP and education setting to support your child's educational needs. You will only be offered an ongoing follow appointment if your child has related medical needs. If there are no further medical needs or assessment requirements, your child will be discharged.



4a

## FURTHER ASSESSMENT REQUIRED FOR AN AUTISM DIAGNOSIS

Further assessment/monitoring may be required to determine a diagnosis of autism (this may include a further two or three appointments (approx. 1 hour each appointment) dependant on your child's individual needs.

The Community Paediatrician may want to gain further relevant information from you about your child to help with the assessment. There may also be a play-based session or discussion with your child if they are older.

Interventions/onward referral to other services may be required at this stage to gather further supporting evidence, for example information may be required from school/nursery etc to support the diagnosis process. Alternatively, the Community Paediatrician may need to take a watch and wait approach if a diagnosis is not clear at this point (a further appointment will be offered in this case for a later date to re-assess)

OR  
5

## UNCERTAINTY REMAINS REGARDING AN AUTISM DIAGNOSIS

Your child will be kept under review and/or reviewed jointly with other medical professionals such as a Speech & Language Therapist, CAMHS & Community Paediatrician for further recommendations and a second opinion.

Your child may also be referred to what is known as the complex communication clinic where there remains doubt about a diagnosis or where a second opinion is sought by either you or the Community Paediatrician.



6

## AUTISM/ADHD NOT DIAGNOSED

Other possible co-existing conditions will be considered, and your child will be referred to the appropriate service dependant on need, along with signposting to the appropriate local and national support organisations.

Your child will be discharged by the Community Paediatrician.

Page 2 of 2



Nottingham  
Neurodiversity  
Network



Integrated  
Care System  
Nottingham & Nottinghamshire



University of  
Nottingham  
UK | CHINA | MALAYSIA