Royal Devon University Healthcare NHS Foundation Trust

Child ADHD Assessments

Reference Number: RDF4364-26
Date of Response: 01/10/26

Further to your Freedom of Information Act request, please find the Trust's response(s) below:

Please be aware that the Royal Devon University Healthcare NHS Foundation Trust (Royal Devon) has existed since 1st April 2022 following the integration of the Northern Devon Healthcare NHS Trust (known as Northern Services) and the Royal Devon and Exeter NHS Foundation Trust (known as Eastern Services).

1. *How many children do you have waiting for an ADHD diagnosis at the moment?*
   875 children currently on waiting list.

2. *How many children were given an ADHD Assessment in the last year (1st April 2025 - 31st March 2026).*
   622 children assessed in 2025/26.

3. *If a child was referred to you now, when would you expect them to be seen?*

Services	Waiting time
Eastern	Approximately 12 - 18 months
Northern	Approximately 12 – 16 months

4. *Please describe your current Child ADHD Assessment pathway.*

Services	Pathway
Eastern	Referral reviewed by senior clinical team and if accepted, Children & Young Person (CYP) added to waiting list for face to face senior clinician (consultant/specialty doctor/resident doctor) appointment and paperwork sent out to family for completion prior to appointment (see below). CYP may also have a QB test prior to consultant appointment. If all information is available and no further complexities, consultant will make diagnosis during outpatient appointment. If the CYP requires further information/assessment to be completed to enable diagnosis decision, these will be requested and then they will be diagnosed during a follow up appointment.
Northern	Child is referred in with NAP forms. Once they reach the 11 month mark we will then send Conners out via email link to

	parents and school, once returned we will add them to a QB wait list (unless at a specialist school such as Lampard) and then an appointment with one of our consultants.

Services	Letter/process
Eastern	We have recently received a referral for @FNAME@ requesting a paediatric assessment to consider possible ADHD symptoms. We will arrange for @FNAME@ to be seen as part of our neurodevelopmental assessment pathway (NAP); @HIS@ name has been put on the waiting list today. The assessment involves the following steps: 1. <u>Completion and return of the following documents if not already submitted (enclosed).</u> Parent NAP information gathering form (NAP2), if not already received School further NAP information gathering form (NAP3) It is helpful to return these as soon as possible; the appointment cannot be booked until we have received them. If @FNAME@ has been seen by any other relevant professionals, please send a copy of reports. If @FNAME@ is assessed by another organisation, eg a private provider, whilst on the waiting list, please let us know as repeat assessment may not be necessary. 2. <u>Completion of Conners questionnaire</u> You and @FNAME@'s school will receive an email in the next few days providing a link to an electronic Conners questionnaire. This is a standardised questionnaire that allows us to assess the presence and severity of the core symptoms of ADHD. Please complete this as soon as you receive it. If you have not received an email in the next 10 days please let us know. 3. <u>QB test</u> A QB test is a computer based test that combines attention and impulse control measurements with activity recordings collected by an infra-red camera. @FNAME@'s results are compared with a group of children / young people of the same age and gender, who do not have ADHD. As part of an overall assessment, QB

test results provides valuable objective information to help determine if @FNAME@ has ADHD or not.

You will receive an appointment for @FNAME@ to attend for this test in the paediatric outpatient department at the RDUH in Exeter.

4. Appointment with paediatrician.

During this 1 hour appointment we will discuss your concerns, review @FNAME@'s medical and developmental history, carry out a physical examination including growth measurements, review the information in the above documents. We may be able to conclude our assessment at the end of this appointment and decide if @FNAME@ has ADHD or not. In some circumstances we will need more information in order to come to a conclusion. There may be an alternative explanation for @FNAME@'s needs and we may recommend referral to other services.

At the moment there is approximately a 12 - 18 month wait for this initial appointment.

We aim to hold this appointment in a clinic setting as close to your home as possible.

Whilst you are waiting for your appointment the following websites may be helpful:

Children and Young People - MyHealth Devon

https://www.rdehospital.nhs.uk/services/children-and-young-people-paediatrics/community-child-health/

https://www.cedaonline.org.uk/bis-net/training-and-workshops

https://www.devon.gov.uk/education-and-families/send-local-offer/

Https://devonias.org.uk/

https://childrenandfamilyhealthdevon.nhs.uk/

If @FNAME@ has already been assessed or referred via Right to Choose or a private provider, please let us know as further assessment is unlikely to be necessary. Please email rduh.exeterchildhealth@nhs.net or call the number above.

We look forward to meeting you.

Northern	Thank you for referring @NAME@ for ADHD Assessment. The referral has been accepted and @NAME@ has been added to the waiting list. The ADHD waiting list is long and so parents might find the following resources useful in the meantime. **LEAP Workshops** *Parents and setting are encouraged to access free Devon online LEAP workshops. These workshops take place either virtually or face to face and focus on different aspects of supporting Neurodiversity including communication, masking, sleep and behaviour via www.leapworkshops.org* **ADHD Guide for Parents and Carers (interactive booklet)** https://www.justonenorfolk.nhs.uk/media/35sdhriu/adhd-guide-for-parents-and-carers-14-sep-2022.pdf **ADDISS (National Attention Deficit Disorder Information and Support Service)** http://www.addiss.co.uk/ ADDISS (020 8952 2800) provides information and support for parents and children with ADHD. **ADHD Foundation** https://www.adhdfoundation.org.uk/ A foundation who works with individuals with ADHD and those around them to provide support, raise awareness and promote positive change. Podcast adhdfoundation.org.uk/wp-content/uploads/2022/11/SENsational-ADHD-what-every-parent-needs-to-know.m4a **The Sleep Charity** The Sleep Charity provide support and advice regarding sleep for adults and children. **Website:** https://www.thesleepcharity.org.uk **North Devon Forum for Autistic Spectrum Disorders and ADHD**

	This is a parent/carer led support group and further information can be found on website www.ndfautism.co.uk **Devon's Local Offer for SEND** Information on education, health and social care services and how to access them for children and young people with Special Educational Needs and Disabilities from 0-25 years https://new.devon.gov.uk/send **Devon Information Advice and Support (DIAS)** This service provides confidential and impartial information, support and training for parents who have children aged 0-25 years with additional educational needs. Further information/contact details can be located at www.devonias.org.uk **My Health Devon** This service provides information about the local support that is available for specific conditions and how you can manage your own care. https://myhealth-devon.nhs.uk/children-and-young-people/neurodiversity/