



Stopping over-medication of people with a learning disability, autism or both

Why have STOMP?

Public Health England says every day about 30,000 to 35,000 adults with a learning disability are being given psychotropic medicines when they do not have a diagnosed mental health condition.

This is often to manage behaviour which is seen as challenging.

It includes medicines used to treat psychosis, depression, anxiety, sleep disorders and epilepsy.

These medicines are right for some people, but over medication or using them for the wrong reason puts people at risk of weight gain, health problems and even premature death.

STOMP is about making sure people are only given them for the right reason, in the right amount, for as short a time as possible.

There was no clear reason why Sarah was taking an antipsychotic ...



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We are proud supporters of STOMP and pledge to act in the best interests of the people we support at all times by:

- Actively promoting alternatives to medication such as active support, psychological approaches, intensive interaction or positive behaviour support (PBS).
- Ensuring the people we support, and their circle of support, are involved in decisions about their care, including their medication.
- Ensuring all staff have an understanding of psychotropic medication, including its main uses and side effects.
- Encouraging staff to speak up if they have a concern that a person we support may be over-medicated.
- Maintaining accurate records about the health, wellbeing and behaviour of the people we support.
- Supporting people to have regular reviews of their medication.
- Monitoring the use of psychotropic medication.
- Working with people with a learning disability, autism or both, their families, health professionals, commissioners and others to stop over-medication. This includes working closely with prescribers.



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STOMP Review

Supporting the person and their carers to ask the key questions and consider alternatives...

Background

- Reason for medication
- Past attempts to reduce
- Physical health information
- Target behaviours with outcome measures

Laura has put on significant weight and is at risk of diabetes...

Opinions + Concerns

- Person taking medication
- Carers and family
- Explore fear of challenge
- Advice and reassurance
- Availability of alternatives (e.g., PBS)
- Share STOMP literature and case studies -

What happens if John becomes agitated or stressed?

<https://medication.challengingbehaviour.org.uk/>

Make a plan and agree to monitor and support if discontinuation is indicated



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Information to take to your review

Name of medication:	
Reason prescribed?	Is it helpful?
Do you have concerns about side effects?	Do you have concerns about physical health?
Has reduction been tried in the past – what happened?	Have other coping strategies been tried (e.g., positive behaviour support)?

Name of medication:	
Reason prescribed?	Is it helpful?
Do you have concerns about side effects?	Do you have concerns about physical health?
Has reduction been tried in the past – what happened?	Have other coping strategies been tried (e.g., positive behaviour support)?

We support

STOMP

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Our STOMP leads are here to help:

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Contact us for useful information, advice, to arrange a STOMP audit visit or to discuss suitable alternatives to medication.



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STOMP resources for patients & carers

Title	Link
NHS England an overview of STOMP	www.england.nhs.uk/stomp
STOMP easy read information	https://www.england.nhs.uk/wp-content/uploads/2018/02/stomp-easy-read-leaflet.pdf
STOMP videos	https://www.youtube.com/playlist?list=PL4shZXQ9YqmIFPjX02IWJvhHqdrMf_EkO
Talking to your doctor about medication	https://www.vodg.org.uk/publications/preparing-to-visit-a-doctor-to-talk-about-psychotropic-medication/
Medication pathway – a resource for carers	https://medication.challengingbehaviour.org.uk/
No medication why? Reason why meds may be stopped...	https://www.rcpsych.ac.uk/docs/default-source/members/faculties/intellectual-disability/id-no-medication-why-17707-cwpt-april-2018.pdf?sfvrsn=e48f7d6c_2
Positive Behaviour Support (PBS) video – an alternative to medication...	https://youtu.be/epjud2Of610
About Positive Behaviour Support	https://www.challengingbehaviour.org.uk/information/information-sheets-and-dvds/positive-behaviour-support.html
PBS Academy – information for carers	http://pbsacademy.org.uk/family-carers/



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STOMP resources for professionals

Title	Link
Community Learning Disability Team (Health) – Sheffield	http://www.sheffielddirectory.org.uk/kb5/sheffield/directory/service.page?id=D3_V4kfP15c
Community Intensive Support Service - Sheffield	http://www.sheffielddirectory.org.uk/kb5/sheffield/directory/service.page?id=8oG7iqmP2oQ
Learning Disability Case Register - Sheffield	http://www.sheffielddirectory.org.uk/kb5/sheffield/directory/service.page?id=aAAi9AK12fg
NHS England an overview of STOMP	www.england.nhs.uk/stomp
General professional resources	https://www.england.nhs.uk/learning-disabilities/
Social care involvement	www.vodg.org.uk/campaigns/stompcampaign/
GP resource	https://www.england.nhs.uk/wp-content/uploads/2017/07/stomp-gp-prescribing-v17.pdf
Pharmacy online learning	https://www.cppe.ac.uk/programmes/l/learn/disc-d-01/
Advocacy guidance from VoiceAbility	https://www.voiceability.org/for-professionals/stomp
PBS a checklist for service providers	http://pbsacademy.org.uk/service-providers/
PBS information for commissioners and care managers	http://pbsacademy.org.uk/commissioners-and-care-managers/
Physical health and challenging behaviour	https://www.challengingbehaviour.org.uk/health-challenging-behaviour/health-and-behaviour.html

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Sheffield
supports
STOMP



#wesupportSTOMP

Ask how people and families are involved in decisions about their medicine

Make sure medication reviews happen regularly

Stop over medication of people with a learning disability, autism or both with psychotropic medicine



Ask your health care provider to sign up to the STOMP health care pledge

Ask about drug-free therapies too

Make sure your social care provider is signed up to the STOMP social care pledge

Visit www.england.nhs.uk/stomp

For CTRs, Ask Listen Do, annual health checks and more, visit www.england.nhs.uk/learningdisabilities