STOMP

Stopping Over Medication of People with Learning Disabilities, Autism or both

NHS England

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The Goals of STOMP

NHS England

1. Improve the quality of life of children, young people and adults with a learning disability, autism or both who are prescribed psychotropic drugs.
2. Make sure people only receive these drugs for the right reasons and in the right amount.
3. Improve understanding of these drugs and when they should, or should not be used
4. Improve understanding of non-drug treatments and support which may help.
5. Make sure that people work with their doctor and the people who support them when making any changes to treatment.
6. Make sure people have regular medication reviews.

Medicines Project Core Message

NHS England

Public Health England estimates that every day 30,000 to 35,000 adults with a learning disability are wrongly taking a prescribed antipsychotic, antidepressant or both. These are psychotropic drugs.

Unnecessary use of these drugs, puts people at risk of significant weight gain, organ failure and even premature death.

A human rights issue

- If you are drugged up, you can't communicate with people properly
- The world passes you by
- It's a way of restraining people
- It can make your behaviour more challenging in the long run
- It doesn't help you learn or change
- It doesn't help you get out of hospital, the opposite in fact
- People shouldn't be living like that

STOMP – It's time to change

NHS England

- This is about improving people's lives
- This is about helping people live longer and giving families more time with their loved ones
- This is about stopping the use of these drugs to manage people's behaviour

Stop **O**ver **M**edicating **P**eople with learning disabilities, autism or both –

STOMP it out!

NHS England

Nigget Saleem

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- Clinical Lead Medicines Optimisation, Clinical Lead Learning Disabilities, Bury CCG
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…….Carer for brother with learning disability

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Confessions of a pharmacist

Patient history/symptoms:

- 30 year oLearning Disability, Asian male, 15st 7lb, wheelchair user. Last HbA1c raised, 46mmol\mol. FH diabetes
- No verbal communication
- Shouting at the mirror, challenging behaviour started following sad event in the family….diagnosed with psychosis.
- Meds: Tizanidine, olanzapine initiated by Consultant at 5mg\od, increased to 10mg\od …taking both for over 2 years.
- Ongoing symptoms of lethargy and increase in weight

National guidance/supporting material

- National call to action from Keith Ridge (Chief Pharmaceutical Officer) and Dominic Slowie (National Clinical director for learning disabilities) https://www.england.nhs.uk/wp-content/uploads/2015/07/med-advice-Learning Disability- letter.pdf

- 2016 STOMP Stopping over-medication of people with learning disabilities

  https://www.england.nhs.uk/wp-content/uploads/2016/06/stopping-over-medication.pdf

  NICE Guidance NG 11 - Challenging behaviour and people with learning disabilities: https://www.nice.org.uk/guidance/ng11

- NICE Quality Standard – Learning Disability: identifying and managing mental health problems: https://www.nice.org.uk/guidance/qs142/chapter/Quality-statement-5-Annually-documenting-the-reasons-for-continuing-antipsychotic-drugs

National guidance/supporting material

NHS England

- Jan 2016 CPPE package NHS England pilot pharmacists
  https://www.cppe.ac.uk/programmes/l/learndislc-d-01/
- For further information about the STOMP campaign and up to date information go to the NHS England website https://www.england.nhs.uk/learning-disabilities/improving-health/stomp/
- A number of case examples are available on Care transformed https://www.england.nhs.uk/learning-disabilities/caretransformed/
- https://www.england.nhs.uk/publication/stopping-over-medication-ricky-and-andys-story/
- https://www.youtube.com/playlist?list=PL4shZXQ9YqmIFPJX02IWJvhHqdrMf_EkO

Advice for people with a learning disability and their carers

NHS England

- An easy read document providing advice to patients, carers and others is available on the NHS England website https://www.england.nhs.uk/wp-content/uploads/2015/07/Learning Disability-med-advice-easy-read.pdf

- The Voluntary Organisations Disability Group (VODG) has a variety of support tools on their website aimed at social care https://www.vodg.org.uk/campaigns/stompcampaign/ and support material devised by a large provider of social care -CMG(Care Management Group) http://cmg.co.uk/wp-content/uploads/2017/06/STOMP-Guide-Final-version.pdf

- These include a document called 'Preparing to visit a doctor to talk about psychotropic medication' https://www.vodg.org.uk/publications/preparing-to-visit-a-doctor-to-talk-about-psychotropic-medication/. This resource is a guide for a support worker who is accompanying a person with a learning disability, autism or both to a GP consultation appointment to talk about psychotropic medication.

Bury CCG STOMP …the approach

NHS England

- The Medicines Optimisation Team identified people with Learning Disability prescribed antipsychotics using the practices' Learning Disability registers.

- The Trust's Learning Disability pharmacist visited each GP practice over a 6 month period and carried out detailed patient reviews, paying particular consideration to whether the individual drugs were within the recommended maximum doses; patients had received health checks; and whether required blood monitoring had been undertaken.

- Meetings were arranged with a lead GP within each practice to discuss the proposed recommendations and agree an action plan.

- Where prescribing was considered inappropriate, reduction plans were put in place.

- The community Learning Disability team were referred to for behavioural support where needed.

NHS England

Bury CCG STOMP …the approach

MOT pharmacy technicians worked alongside GP practice pharmacists to implement agreed action plans for withdrawal of antipsychotic medication. This involved:

- Initial engagement with the Practice GP, Learning Disability patient and/or carer.
- Development and production of written reduction plans to suit individual needs.
- Monthly liaison with patient/carer during reduction regime
- Support for the GP by making changes to repeat prescriptions with agreement.

NHS England

Learning points

- Involving people with learning disabilities, autism or both, carers and family members is crucial to decision making.
- Joint working between primary and secondary care and Learning Disability team is essential to achieving successful outcomes.
- The Learning Disability team nurses are a great resource to provide behavioural support.
- Consultant required support due to capacity issues.
- Monthly follow up calls provide support and facilitate engagement with patients/carers.
- GPs are used to managing risk but need the support to do this

And finally…..

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We all need to lead this change…