



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 ...

We support

STOMP

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



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

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.

We support

STOMP

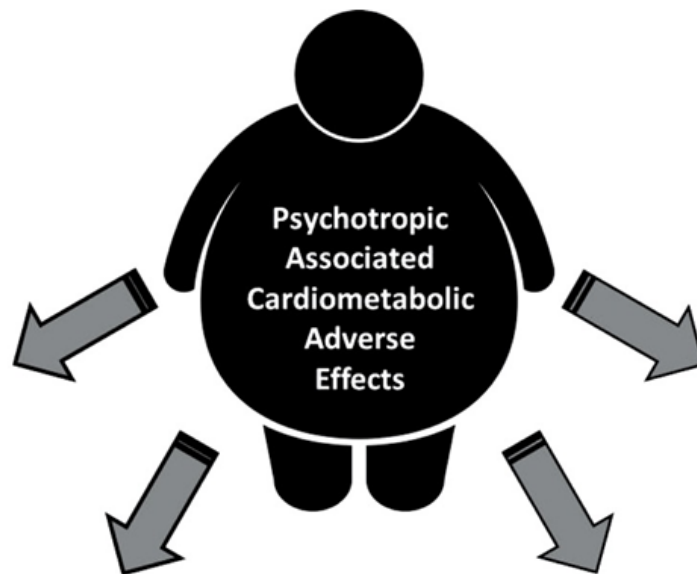
Stopping over-medication of people with a learning disability, autism or both



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

Medications are vital to the health of many people. However, medications can have side-effects such as weight gain or even diabetes.

All medication should only be used absolutely necessary. It is important to work closely with your prescriber and monitor side-effects and your physical health.



We support **STOMP**

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

Weight gain

Antipsychotics

- Clozapine
- Olanzapine
- Quetiapine
- Risperidone

Mood stabilizers

- Valproic acid derivatives
- Lithium

Antidepressants

- Mirtazapine
- Tricyclic antidepressants
- Monoamine oxidase inhibitors
- Other antidepressants (except bupropion)

Dyslipidemia

Hypertriglyceridemia

Antipsychotics

Especially:

- Clozapine
- Olanzapine

Mood stabilizers

- Valproic acid derivatives
- Carbamazepine

Hypercholesterolemia

Antidepressants

- Mirtazapine
- SSRIs

Diabetes mellitus / insulin resistance

Antipsychotics

- Clozapine
- Olanzapine
- Other SGAs
- Low and mid-potency FGA
- High potency FGA

Mood stabilizers

- Valproic acid derivatives

Antidepressants

- Tricyclic antidepressants

Hypertension

Psychostimulants

- Amphetamines
- Methylphenidate
- Other stimulants
- Atomoxetine

Antidepressants

- SNRIs
- Tricyclic antidepressants

Antipsychotics

- Aripiprazole
- Clozapine
- Olanzapine
- Ziprasidone

Mood stabilizers

- Valproic acid derivatives

We support

STOMP

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



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

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



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

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

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



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

Our STOMP leads are here to help:

Dr David Newman: Clinical Director Learning Disabilities (PBS advice)
Sheffield Health & Social Care NHS FT
T: 0114 2263055 Email: david.newman@shsc.nhs.uk

Heidi Taylor: Clinical Effectiveness Lead Pharmacist,
Sheffield CCG
T: 0114 3051986 Email: heiditaylor@nhs.net

Dr Catriona Murray: Psychiatrist - Learning Disabilities
Sheffield Health & Social Care NHS FT
T: 0114 2262282 Email: catriona.murray@shsc.nhs.uk

Lucy Hudson: Trainee Advanced Clinical Practitioner
Sheffield Health & Social Care NHS FT
T: 0114 2264218 Email: lucy.hudson@shsc.nhs.uk

Winola Chio: Pharmacist - Learning Disabilities
Sheffield Health & Social Care NHS FT
T: 0114 2718633 Email: winola.chio@shsc.nhs.uk

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

We support

STOMP

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



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

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 video | https://www.youtube.com/watch?v=Cqb d2QsJmFw |
| 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/ |

We support

STOMP

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



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

STOMP resources for professionals

| Title | Link |
|--|---|
| Community Learning Disability Team (Health) – Sheffield | https://www.shsc.nhs.uk/services/community-learning-disability-team |
| Community Intensive Support Service - Sheffield | https://www.shsc.nhs.uk/services/community-intensive-support-service |
| Learning Disability Case Register - Sheffield | http://www.sheffielddirectory.org.uk/kb5/sheffield/directory/service.page?id=aAAi9AK12fg |
| NHS England - professional resources supporting STOMP | https://www.england.nhs.uk/learning-disabilities/improving-health/stomp/professionals/ |
| 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//leandislc-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 |

We support
STOMP

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



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

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