

## Stopping The Over-Medication of People with a learning disability (STOMP)

and

## Supporting Treatment and Appropriate Medication in Paediatrics (STAMP)

### **A guide for primary care clinicians**

#### **Intended Users**

This document is intended to be used by GP's and non-medical prescribers working in primary care to support structured medication reviews for people with a learning disability. Non-medical prescribers are reminded that prescribing of psychotropic medication must be within their scope of practice. For more information please refer to the document, '[A Competency Framework for all Prescribers](#)'.

#### **Context**

NHS England has found that many people with learning disabilities are sometimes inappropriately prescribed medication for behaviours seen as challenging. For many people the medication does not work and can lead to unwanted side-effects such as sedation, weight gain and difficulty moving.<sup>1</sup>

There is a higher rate of prescribing psychotropic medicines among people with learning disabilities than the general population although they may not have the health conditions for which the medicines are prescribed.<sup>2</sup>

Research by the Learning Disabilities Mortality Review (LeDeR Programme) showed a fifth (19%) of adults with learning disabilities were usually prescribed antipsychotic medication at the time of their death.<sup>3</sup>

Use of psychotropic medication can be especially concerning if people take them for too long, take too high a dose or take them without good reason. Psychotropic medications are helpful for some people at some times. For many other people and in many circumstances, there are different ways of helping so that the person needs less medication or none at all.

#### **AIMS**

STOMP aims to stop the overuse of psychotropic medications for people with a learning disability, autism or both when appropriate and in a safe way.<sup>4</sup>

STAMP aims to ensure that children and families can access other treatment and support when children display behaviours that challenge, for example Positive Behaviours Support or other therapeutic support.<sup>4</sup>

#### **Key Message**

The STOMP and STAMP programme of work is about making sure children, young people and adults with a learning disability, autism or both are only prescribed the right medication, at the right time and for the right reason. Psychotropic medication should be reviewed regularly (at least annually) and timely and should only continue to be prescribed if no other alternative options of treating their symptoms are available or effective.

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**Review date:** July 2022 (or sooner if evidence or practice changes)

South East London Area Prescribing Committee. A partnership between NHS organisations in South East London: South East London Clinical Commissioning Group (covering the boroughs of Bexley, Bromley, Greenwich, Lambeth, Lewisham and Southwark) and GSTFT/KCH /SLAM/ Oxleas NHS Foundation Trusts/Lewisham & Greenwich NHS Trust

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## **Background**

**STOMP** is about helping people to stay well and have a good quality of life. If people do need psychotropic medication, it should be seen as the last resort. Medication should be reviewed regularly (at least annually) and in a timely manner to make sure it is still the right thing for them and they do not stay on the medication for longer than is necessary.

Sometimes when children and young people do need medication it can be difficult to make sure they are always able to get it when they need it. **STAMP** is about making sure that where medication will help children and young people to have a good life, these barriers are removed so they are able to obtain the medication they need.

Wherever possible a shared decision-making process should be used to review medication use. This process should be carried out with the patient, family and/or carer(s) (see guidance on 'shared decision-making and people with learning disabilities' under the 'Useful Information' section below).

Local resources/information have been developed for South East London with the aim to help the implementation of STOMP and STAMP locally. The resources developed across providers and commissioners include:

- Algorithm for implementation of STOMP-STAMP
- Medication review checklist (*Appendix 1*)

The outcomes from the medicines optimisation STOMP/STAMP work plan will be shared with the SEL Learning Disabilities and Autism Transformation Programme.

## **Useful Information:**

- [Information on STOMP Programme](#)
- [Key Therapeutic Topics NICE on STOMP](#)
- [The benefits of Stopping Andrew's psychotropic medication](#)
- [Jack's story about how STOMP helps children and young people](#)
- [RMOC: STOMP Resources](#)
- [Shared decision-making and people with learning disabilities](#)

## **Easy Read Documents for Patients and Carers**

- [Booklet about supporting people when they visit the doctor](#) - Easy read section for patients when visiting their GP to talk about psychotropic medication.
- [Preparing to visit a doctor to talk about psychotropic medication](#) – resource for support worker who is accompanying a person with a learning disability, autism or both to a GP consultation appointment to talk about psychotropic medication.

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## References

- 1 NHS England has embarked on a programme is called transforming care and is all about making health and care services better so that more people with a learning disability, autism or both can live in the community, with the right support, and close to home. Available at:  
<https://www.england.nhs.uk/learning-disabilities/improving-health/stomp/research/> (Last accessed 02/06/2020)
- 2 GOV.UK, a website for UK Government in collaboration with Public Health England has shared data on the overall prescribing of antipsychotics in adults and children with learning disabilities and autism. Available at:  
<https://www.gov.uk/government/publications/psychotropic-drugs-and-people-with-learning-disabilities-or-autism/psychotropic-drugs-and-people-with-learning-disabilities-or-autism-results> (Last accessed 02/06/2020)
- 3 The 3<sup>rd</sup> annual report by University of Bristol (2018) on the learning Disabilities Mortality Review (LeDeR) programme was commissioned by the Healthcare Quality Improvement Partnership (HQIP), on behalf of NHS England. Available at:  
<http://www.bristol.ac.uk/university/media/press/2018/leder-annual-report-final.pdf> (Last accessed 02/06/2020)
- 4 NHS England resources for understanding what organisations and individuals need to do for STOMP and STAMP. Available at:  
<https://www.england.nhs.uk/wp-content/uploads/2019/02/STOMP-STAMP-a5-leaflet.pdf> (Last accessed 02/06/2020)

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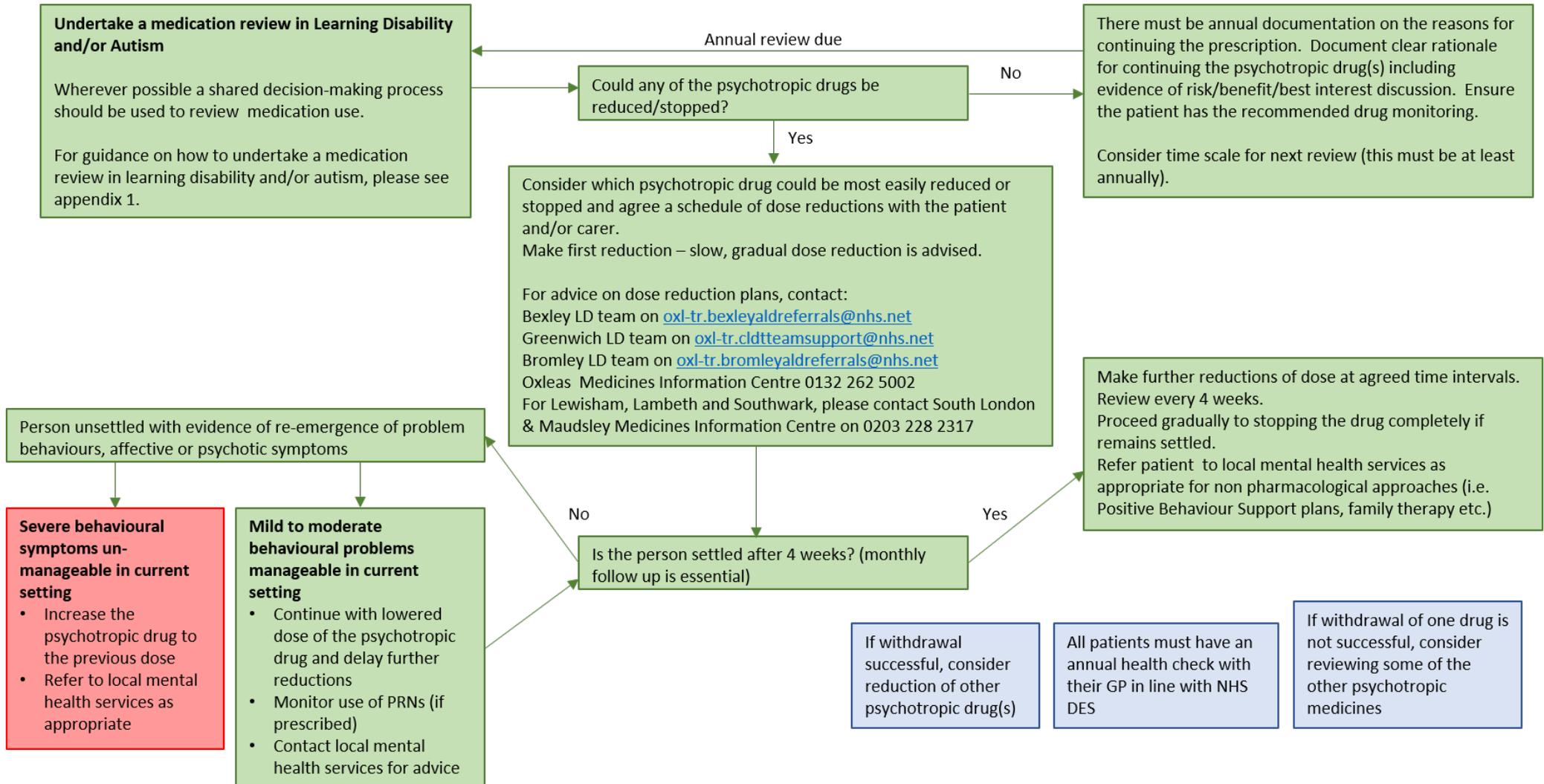
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# Algorithm for the review, reduction or stopping of psychotropic drugs in people with learning disability and/or autism

## For use by primary care prescribers



Adapted from "Figure 1 Algorithm for the review, reduction or stopping of psychotropic drugs in people with a learning disability" from the document "NICE: Psychotropic medicines in people with learning disabilities whose behaviour challenges. Key therapeutic topic published 16<sup>th</sup> January 2017. Accessed 22/08/2019 <https://www.nice.org.uk/guidance/kt19>"

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## Algorithm References

- NICE: Learning disabilities: identifying and managing mental health problems. Quality standard published 10<sup>th</sup> January 2017. Accessed 22/08/2019 <https://www.nice.org.uk/guidance/qs142>
- NICE: Psychotropic medicines in people with learning disabilities whose behaviour challenges. Key therapeutic topic published 16<sup>th</sup> January 2017. Accessed 22/08/2019 <https://www.nice.org.uk/guidance/ktt19>
- Pennine Care NHS Foundation Trust & Bury Clinical Commissioning Group. STOMP (Stopping Over-medication of People with a Learning Disability (LD), Autism or Both) – The Bury Way. Accessed 22/08/2019 <https://www.sps.nhs.uk/wp-content/uploads/2018/11/STOMP-Bury-summary-Paper-Oct-18.docx>.
- NHS England: Care and treatment review: Key lines of enquiry published 28<sup>th</sup> March 2017. Accessed 16/09/2019 <https://www.england.nhs.uk/publication/care-and-treatment-review-key-lines-of-enquiry/>

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## Appendix 1

### Undertaking a medication review in Learning Disability and/or Autism

**Please scan this checklist into the patient's notes**

Patient Name	Date of Birth	NHS number

1. Does the patient (aged 16 or over) have capacity to consent to the review?  
 If yes, has the patient consented to the review?  
 If no, has a review been agreed following a 'best interests' meeting?

Yes	No

2. For children under 16, has the parent/guardian consented to the review?

Yes	No

3. Is the patient prescribed any of the following medicines either regularly or for PRN use?
- Antipsychotics
  - Antidepressants
  - Mood stabilisers (including lithium and antiepileptics used for mood stabilisation only)
  - Benzodiazepines
  - CNS stimulants
  - Sedating antihistamines

Yes	No

Current Psychotropic Medication			
Drug Name	Dose	Frequency	Indication

- If the medicine is prescribed for epilepsy, narcolepsy, migraine, ADHD, pain or a serious mental health condition (i.e. depression and/or anxiety that is impacting heavily on the person's functioning, psychosis, schizophrenia, bipolar disorder, an eating disorder, personality disorder or schizoaffective

disorder) then continue the medicine or refer to specialist services (as appropriate) if you feel that a review is required. Please note, this list of indications is not exhaustive and the indication of each drug should be carefully identified.

- If the medicine has been prescribed for challenging behaviour or a mild/moderate mental health condition, consider if any of the psychotropic drugs can be reduced/stopped. Take into consideration:
  - i. The views of the patient/carer about whether all the medicines are necessary
  - ii. The effectiveness of the medicines and the need for them to be continued
  - iii. Access to alternative approaches that could reduce the need for medicines, for example, referral to a community LD team for behavioural support

	Yes	No
4. Consider if doses are within the recommended BNF maximum dose?	<input type="checkbox"/>	<input type="checkbox"/>
If dose is >BNF maximum dose, can the dose be reduced?	<input type="checkbox"/>	<input type="checkbox"/>

	Yes	No
5. Does the patient have regular (at least annual) health checks?	<input type="checkbox"/>	<input type="checkbox"/>

This should include:

- A review of any known or suspected mental health problems and how they might be linked to any physical health problems
- A physical health review, including assessment for the conditions and impairments that are common in people with learning disabilities
- A review of all current interventions, including medication and related side effects, adverse events, interactions and adherence for both mental health and physical health conditions
- An agreed and shared care plan for managing any physical health and mental health problems (including pain).

	Yes	No
	<input type="checkbox"/>	<input type="checkbox"/>

	Yes	No
6. Is the patient having the recommended drug monitoring? This could include:	<input type="checkbox"/>	<input type="checkbox"/>
• Plasma level monitoring	<input type="checkbox"/>	<input type="checkbox"/>
• Physical health monitoring, e.g. lipids, ECG, diabetes testing, BMI etc.	<input type="checkbox"/>	<input type="checkbox"/>
• Side effects monitoring, e.g. extrapyramidal side effects etc. Identify the common side effects from the BNF and map these to the patient you are reviewing.	<input type="checkbox"/>	<input type="checkbox"/>

Following the drug review, can any of the psychotropic drugs (listed above) be reduced or stopped?

Yes	No

*If no, rationale for continuing to prescribe all medication to be included in the patient's notes*

Document actions here

Current Psychotropic Medication		
Drug Name	Reduce dose (Y/N)	Continue (Y/N)

#### Appendix 1. References

1. NICE: Learning disabilities: identifying and managing mental health problems. Quality standard published 10<sup>th</sup> January 2017. Accessed 22/08/2019 <https://www.nice.org.uk/guidance/gs142>
2. NICE: Psychotropic medicines in people with learning disabilities whose behaviour challenges. Key therapeutic topic published 16<sup>th</sup> January 2017. Accessed 22/08/2019 <https://www.nice.org.uk/guidance/ktt19>
3. Pennine Care NHS Foundation Trust & Bury Clinical Commissioning Group. STOMP (Stopping Over-medication of People with a Learning Disability (LD), Autism or Both) – The Bury Way. Accessed 22/08/2019 <https://www.sps.nhs.uk/wp-content/uploads/2018/11/STOMP-Bury-summary-Paper-Oct-18.docx>.
4. NHS England: Care and treatment review: Key lines of enquiry published 28<sup>th</sup> March 2017. Accessed 16/09/2019 <https://www.england.nhs.uk/publication/care-and-treatment-review-key-lines-of-enquiry/>