



# 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.



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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

<b>Name of medication:</b>	
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)?

<b>Name of medication:</b>	
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)?





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

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

### STOMP resources for patients & carers

Title	Link
<b>NHS England</b> an overview of STOMP	<a href="http://www.england.nhs.uk/stomp">www.england.nhs.uk/stomp</a>
<b>STOMP</b> easy read information	<a href="https://www.england.nhs.uk/wp-content/uploads/2018/02/stomp-easy-read-leaflet.pdf">https://www.england.nhs.uk/wp-content/uploads/2018/02/stomp-easy-read-leaflet.pdf</a>
<b>STOMP</b> videos	<a href="https://www.youtube.com/playlist?list=P_L4shZXQ9YqmIFPJX02IWJvhHqdrMf_EkO">https://www.youtube.com/playlist?list=P_L4shZXQ9YqmIFPJX02IWJvhHqdrMf_EkO</a>
<b>Talking to your doctor about medication</b>	<a href="https://www.vodg.org.uk/publications/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/</a>
<b>Medication pathway – a resource for carers</b>	<a href="https://medication.challengingbehaviour.org.uk/">https://medication.challengingbehaviour.org.uk/</a>
<b>No medication why? Reason why meds may be stopped...</b>	<a href="https://www.rcpsych.ac.uk/docs/default-source/members/faculties/intellectual-disability/id-no-medication-why-17707-cwpt-april-2018.pdf?sfvrsn=e48f7d6c_2">https://www.rcpsych.ac.uk/docs/default-source/members/faculties/intellectual-disability/id-no-medication-why-17707-cwpt-april-2018.pdf?sfvrsn=e48f7d6c_2</a>
<b>Positive Behaviour Support (PBS) video – an alternative to medication...</b>	<a href="https://youtu.be/epjud2Of610">https://youtu.be/epjud2Of610</a>
<b>About Positive Behaviour Support</b>	<a href="https://www.challengingbehaviour.org.uk/information/information-sheets-and-dvds/positive-behaviour-support.html">https://www.challengingbehaviour.org.uk/information/information-sheets-and-dvds/positive-behaviour-support.html</a>
<b>PBS Academy – information for carers</b>	<a href="http://pbsacademy.org.uk/family-carers/">http://pbsacademy.org.uk/family-carers/</a>



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

### STOMP resources for professionals

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





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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](http://www.england.nhs.uk/stomp)

For CTRs, Ask Listen Do, annual health checks and more, visit  
[www.england.nhs.uk/learningdisabilities](http://www.england.nhs.uk/learningdisabilities)