

We support

STOMP

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



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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