



Partners in improving local health

# Medicines Optimisation Update STOMP and STAMP



North Cumbria  
Clinical Commissioning Group

## What this includes:

Ensuring that patients with learning disabilities are prescribed medications appropriately and reviewed regularly.

## Identifying the problem:

Refer to the Learning Disability Dashboard in the Cumbria Enterprise Resource folder in Population Reporting on EMIS.

## Background

- STOMP stands for **ST**opping **O**ver **M**edication of people with a learning disability (LD), autism or both with **P**sycho**t**ropic medicines.
- STAMP stands for **S**upporting **T**reatment and **A**ppropriate **M**edication in **P**aediatrics.
- Public Health England have estimated that on an average day in England, between 30,000 and 35,000 adults with a learning disability, autism or both are taking a prescribed antipsychotic, an antidepressant or both without appropriate clinical indications.
- STOMP and STAMP are about helping people to stay well and have a good quality of life.

The aims of STOMP agenda are to:

- Encourage people to have regular check-ups about their medicines.
- Ensure doctors and other health professionals involve people, families and support-staff in decisions about medicines.
- Inform people with a learning disability and their families and carers about non-drug therapies and practical ways of supporting people so they are less likely to need as much medicine, if any.

## Suggested Action for GP organisations - Strategy

- Meet to decide strategy and appoint a GP lead and a nurse lead for learning disability care.
  - Consider nominating and training a receptionist lead as contact for people with learning disabilities, their families and carers.
- Use the LD dashboard searches to check the QOF LD register and ensure people with a learning disability are offered annual health checks.
- Record the need for reasonable adjustments (e.g. extended appointments) and preferred method of communication.
- Work with people with LD to increase uptake of annual health checks (health checks can identify undetected health conditions).
- Engage with local community learning disability services and network social prescribers, in collaboration with people with a learning disability and their families and carers.



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## Suggested Action for GP organisations – Optimising Medicines

- Identify people on antipsychotic medication (searches available from MO pharmacist), review clinical appropriateness (in partnership with local MDT, including psychiatry and social care) and ensure appropriate monitoring for adverse effects.
- Develop an agreed approach to medication reviews within practice. Consider referral to the LD Specialist Community Services (NCCCG) for a STOMP medication review, where appropriate (using the LD referral form on EMIS).
- Make medication review part of the LD annual health check.

## Resources & References:

- Improving identification of people with a learning disability: guidance for general practice <https://www.england.nhs.uk/wp-content/uploads/2019/10/improving-identification-of-people-with-a-learning-disability-guidance-for-general-practice.pdf>
- QOF Quality Improvement domain 2020/21 – Supporting people with learning disabilities <https://www.england.nhs.uk/wp-content/uploads/2020/02/20-21-qof-qi-supporting-people-with-learning-disabilites.pdf>
- An Introduction to Quality Improvement in General Practice <https://www.england.nhs.uk/wp-content/uploads/2019/03/an-introduction-to-quality-improvement-in-general-practice.pdf>
- QOF 2020/21 QI Cases Studies (including uptake of LD annual health checks) <https://www.england.nhs.uk/wp-content/uploads/2020/02/20-21-qof-qi-cases-studies.pdf>
- Leeds Learning Disability Service resources to support annual health checks <https://www.learningdisabilityservice-leeds.nhs.uk/get-checked-out/>
- CQC Care of people with a learning disability in GP practices <https://www.cqc.org.uk/guidance-providers/gps/nigels-surgery-53-care-people-learning-disability-gp-practices>
- NHS England STOMP resources (including pledges, self-assessment tools & action plans) <https://www.england.nhs.uk/learning-disabilities/improving-health/stomp/>
  - Information packs can be requested by emailing [england.wesupport.stomp@nhs.net](mailto:england.wesupport.stomp@nhs.net)
  - GP prescribing <https://www.england.nhs.uk/wp-content/uploads/2017/07/stomp-gp-prescribing-v17.pdf>
- RCGP Toolkit – Health checks for people with learning disabilities <https://www.rcgp.org.uk/clinical-and-research/resources/toolkits/health-check-toolkit>
- VoiceAbility practical guide to helping prevent over-medication of people with learning disabilities, autism or both <https://www.voiceability.org/support-and-help/stopping-over-medication>
- Consulting with someone with a learning disability <https://www.gponline.com/advanced-consulting-consulting-patients-learning-disabilities/article/1157072>
- Challenging Behaviour Foundation Medication Pathway for families and carers <https://medication.challengingbehaviour.org.uk/>
- Easy Health accessible health information <https://www.easyhealth.org.uk/>

Medicines optimisation website. Available at <http://medicines.necsu.nhs.uk/guidelines/>

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