Email england.wesupport.stomp@nhs.net

NHS

STOMP and STAMP

Everybody's business

The right medication at the right time,
for the right reason,
for as short a time as possible

STOMP and STAMP

- **STOMP** is for children and adults of all ages who have a learning disability, autism or both, their families and professionals
- It stands for stopping over medication with psychotropic medicines

- **STAMP** is for children and young people, their families and professionals
- It stands for supporting treatment and appropriate medication in paediatrics
- **STOMP and STAMP** are part of the NHS Long Term Plan

STOMP and STAMP

Psychotropic medicine is used for conditions such as

- psychosis
- depression
- sleep problems
- anxiety
- ADHD
- epilepsy

Diagnosed conditions which affect the mind, emotions or behaviour

STOMP and STAMP

What are they about?

- We know that many children and adults with a learning disability autism or both are given psychotropic medicines when they do not have a diagnosed mental health condition
- This is often to manage behaviour described as ‘challenging’
- They are more likely to be given one or more of these medicines, and to stay on them longer
- These medicines are right for some people, but over medication or using them for the wrong reason puts people at risk of weight gain, many health problems and even premature death

STOMP and STAMP

A human rights issue

Medication can be right, but if used wrongly

- Psychotropic drugs can affect quality of life
- And health
- They can be a type of chemical restraint that stops people from having full lives
- This can make things worse instead of better
- A quick fix instead of a solution
- A quick fix that becomes a way of life

STOMP and STAMP

Why does it matter?

People with a learning disability, autism or both deserve longer, healthier, happier lives:

- Human rights upheld – same rights as others
- Good alternatives to medication
- Less chemical restraint
- Better support through medication reviews and annual health checks
- People informed and involved in decisions
- Fewer side effects that can affect overall health, quality and length of life
- Supportive schools, social workers, support staff
- The best quality care and treatment

STOMP and STAMP

Pledge partners

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In 2016 the call to action and STOMP pledge was made by:

- Royal Colleges of Nursing, Psychiatrists and GPs
- Royal Pharmaceutical Society
- British Psychological Society and
- NHS England

Other pledge partners include the Learning Disability Senate, Voluntary Organisations Disability Group (VODG), Royal Colleges and Associations for social workers, speech and language therapists, music, art & drama therapies, dietetics and occupational therapists

STOMP and STAMP for children and young people was launched December 2018

Supported by Royal College of Paediatrics and Child Health (RCPCH), British Association of Childhood Disability (BACD) and Council for Disabled Children (CDC)

STOMP and STAMP

A better future now

Over 500 organisations across health, social care and education are doing something about it

And empowering people and families too

Are you?

STOMP and STAMP

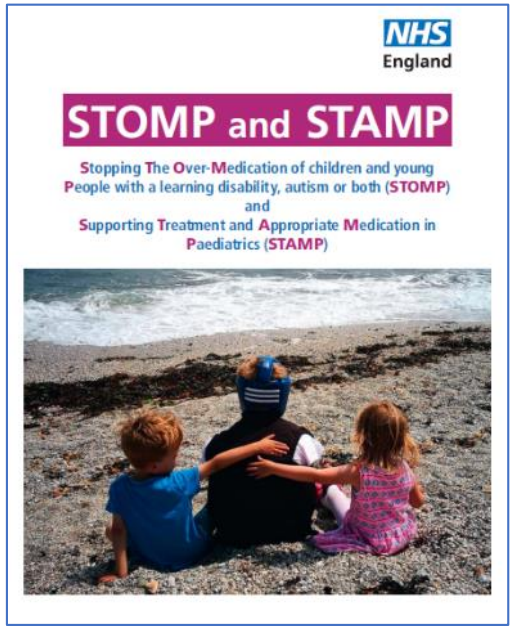
The right medication at the right time, for the right reason, for as short a time as possible

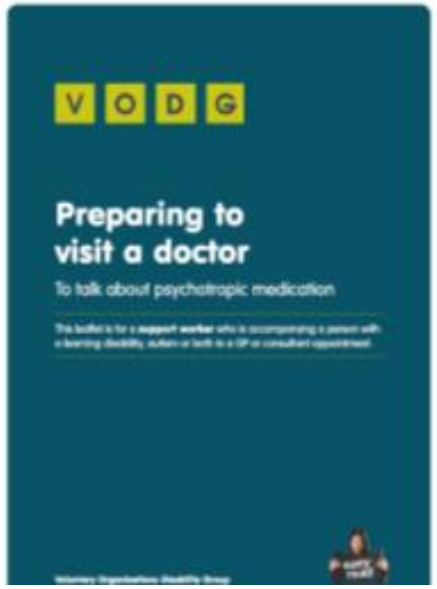
And supporting people in other ways

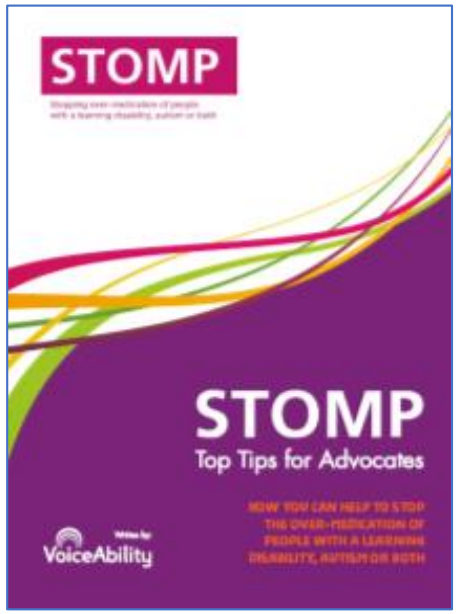
www.england.nhs.uk/stomp

Some of the resources for professionals

Visit www.england.nhs.uk/stomp for these and other downloads and links for professionals, people and families





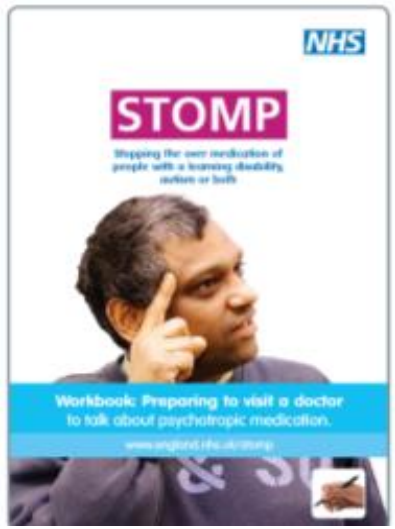


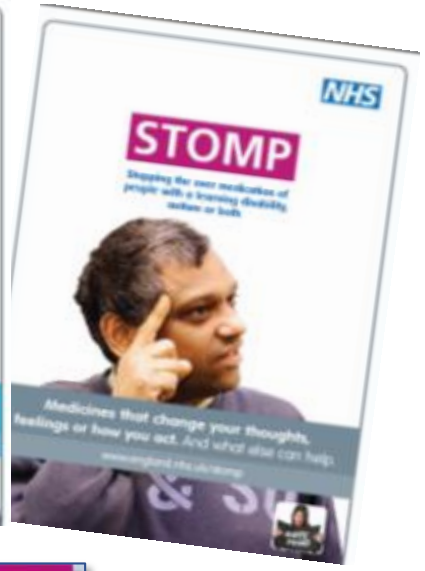
STOMP - a film for staff from MiXit
https://youtu.be/Cqbd2QsJmFw
This film is suitable for a variety of audiences

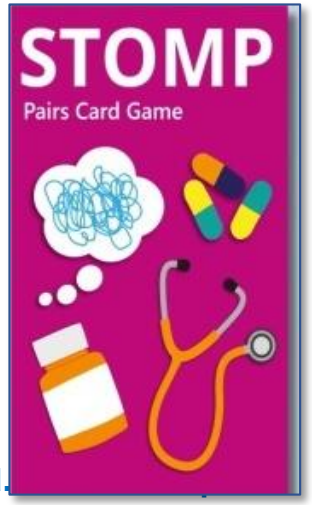
More social care resources at www.vodg.org.uk/stomp-resources

Resources for people taking psychotropic medicine

Visit www.england.nhs.uk/stomp for these and other downloads and links for professionals, people and families







Easy read resources

1. A booklet for the person about psychotropic medication
2. A planner to help people manage their medication and take part in medication reviews

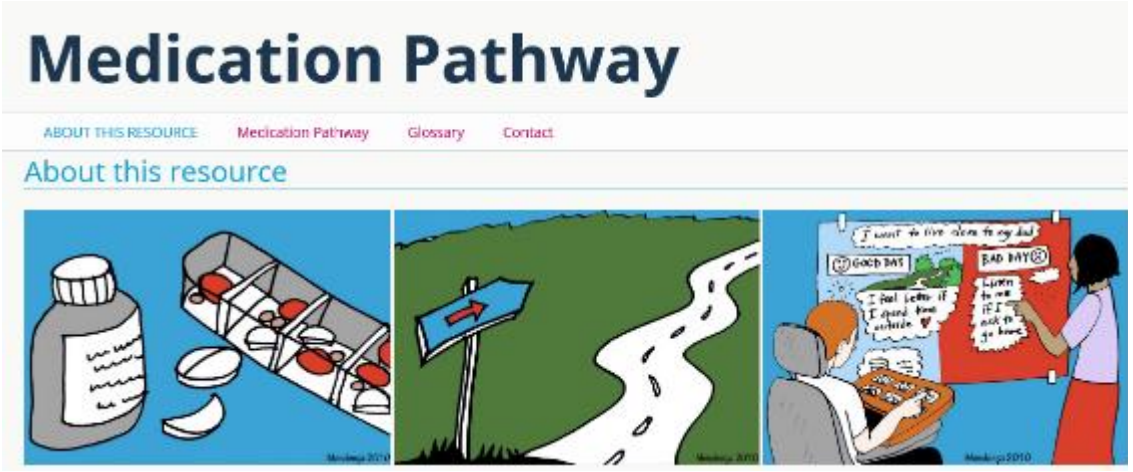
STOMP card game

Limited stocks of a card game in two sizes

- Standard playing card size
- Large playing cards (about A5 size)
- Available by email order only from england.wesupport.stomp@nhs.net

Resources for families

Visit www.england.nhs.uk/stomp for these and other downloads and links for professionals, people and families



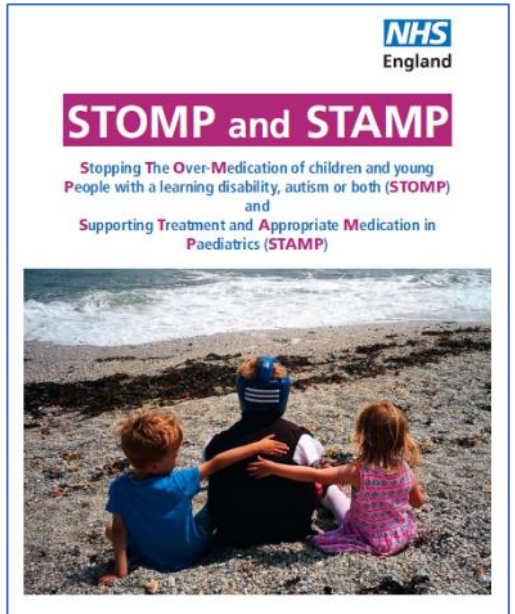
Online Family Medication Pathway

From the Challenging Behaviour Foundation

For families of autistic people and people with a learning disability of all ages.

Helps families understand and take part in decisions, whether medication has been suggested or is already underway

https://medication.challengingbehaviour.org.uk

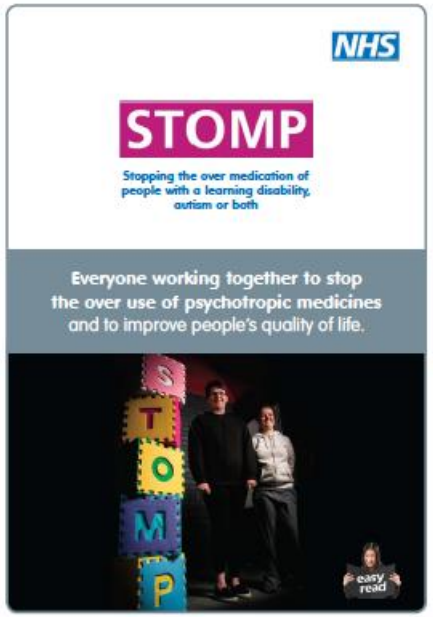


For families of children and young people and professionals

Visit the STOMP and STAMP webpage that is about supporting treatment and appropriate medication in paediatrics (STAMP)

www.england.nhs.uk/improvinghealth/stamp

Thinking about non-drug alternatives



www.england.nhs.uk/stomp

- People and family working with GP, psychiatrist and team
- Use a good day to think about what helps on a bad day
- Make a person-centred plan e.g. likes, dislikes, supporting well-being and good physical health, communication, spotting the triggers and what to do
- Check out resources on different ways of supporting people e.g. positive behaviour support or other methods, training staff and others to support this
- Explore other therapies that may help eg. psychology, art, speech and language
- Communicate in the right way and involve people
- Ensure family/carers have the support they need

Our easy read project leaflet has some simple advice
www.england.nhs.uk/stomp

STOMP and STAMP Changing hearts and minds

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STOMP and STAMP Still a long way to go

- There has been a lot of work with many professional groups – health, education and social care – people and families
- Every region and local area needs to be embedding STOMP and STAMP locally
- Professionals and organisations involving people and families
- This needs to be more consistent and continue
- We need more people to have good medication reviews with help from trained medication reviewers eg. pharmacists
- STOMP and STAMP are everybody’s business

STOMP and STAMP Children and young people

We still need to

- Tackle cultural issues around prescribing for children
- Educate schools, colleges, social workers and others
- More…..

STOMP and STAMP

It’s everybody’s business – that means you!

NHS

- STOMP is in the inspection framework of the Care Quality Commission (CQC)
- And built into the NHS Learning Disability Improvement Standards for all NHS trusts (eventually all NHS funded care)

Don’t wait to be asked what you are doing to stop over medication

How you can make a difference

NHS

STOMP and STAMP

- Commit to STOMP and STAMP at a senior level
- Train your staff
- Work with and involve people and families e.g. training
- Involve people and families in decisions about medication
- Carry out more medication reviews
- Make medication part of annual health checks
- Avoid labels like ‘challenging behaviour’ – think about the person’s unmet need and how it could be met
- Get advice from a pharmacist who knows about STOMP and STAMP
- Check what difference you are making
- Believe in people like Mark – they can transform their lives with your support

What Next?

What we have committed to do

1. 10 year plan expectation - Children and young people

For 2019/20 we will provide further detailed guidance for STOMP and STAMP for children and young people.

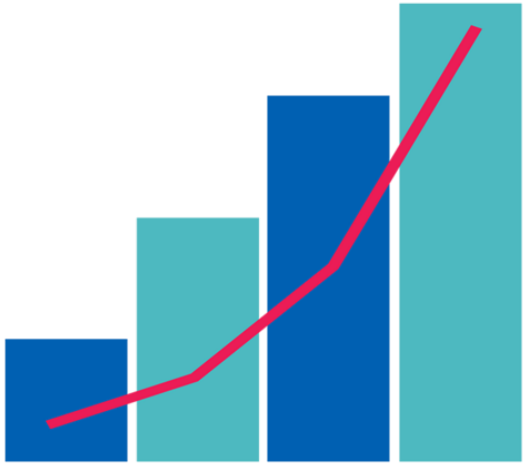
2. 10 year plan expectation – Autism and autistic people

Further work to understand the prescribing for autistic people and identify future service provision by April 2020

What we have committed to do

3. 10 year plan expectation – clinical pharmacists

We will work with the NHS medical directorate to ensure STOMP is built into new clinical pharmacy roles



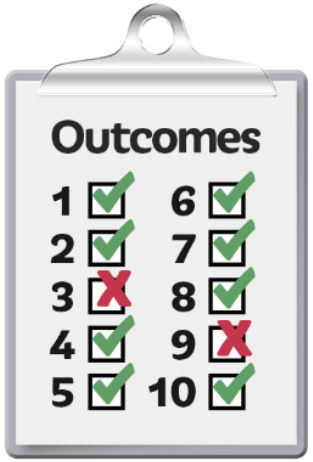
4. 10 year plan expectation – data

The National Learning Disability Programme will be reviewing data collection

What we have committed to do

5. 10 year plan expectation – research

Develop research to show evidence for alternatives to medication



6. 10 year plan expectation – monitoring

We will specify and commission systems that enable prescribing to be monitored

What do we want to do by end of March 2020?

- Develop the pilot programme of GP practice based medication reviews led by clinical pharmacists.
- Agree the development of prescribing data collection that enables GPs to compare their practice
- Commission the development of STOMP material specifically for people with autism
- CYP resource for children and young people
- Establish a STOMP and STOMP STAMP programme in each region
- Commissioned a number of external organisations to develop STOMP and STOMP-STAMP initiatives
- Commissioned an electronic system to streamline STOMP and STOMP-STAMP pledging
- Plan STOMP week (including sharing/promoting above projects)
- STOMP-STAMP?