STOMP, Medicines Rationalisation, and the role of the Pharmacist

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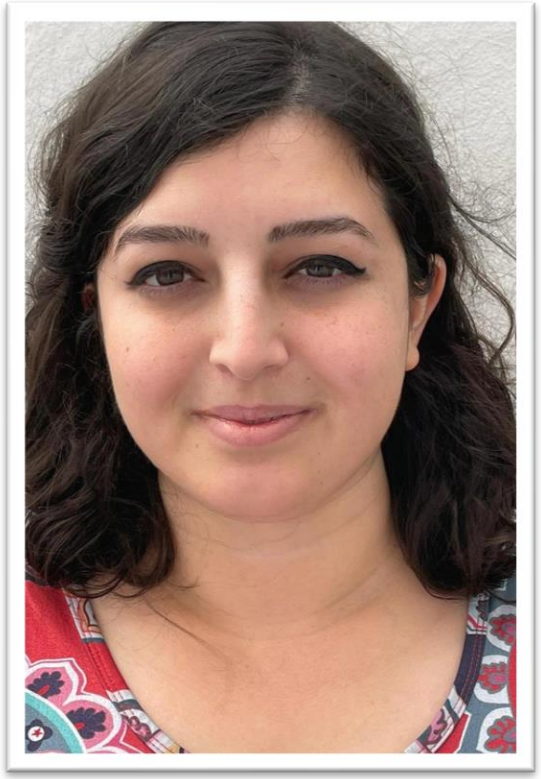

Specialist Mental Health Pharmacist since 2017

Pharmacist Independent Prescriber with scope of practice in schizophrenia

Learning Disability Community Liaison Pharmacist for East London Foundation Trust since August 2021

Learning Disability Community Liaison Pharmacist

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- **Work in partnership with Community Learning Disability Teams, Primary Care and the Local Authority**
- Current systems of care for Learning Disability within PCNs – how can we improve?
- Antipsychotic de-prescribing clinics across three boroughs in East London
- Education and training on psychotropics
    - GP Surgeries
    - Hospitals
    - Parents and Carers

Inequalities: Life Expectancy

1.5 million people in the UK have a diagnosed Learning Disability

- 10-17% with behaviour that challenges

Shorter life expectancy than general population – 22yrs (LeDeR 2021)

Health complications and care inequality

Health Inequalities

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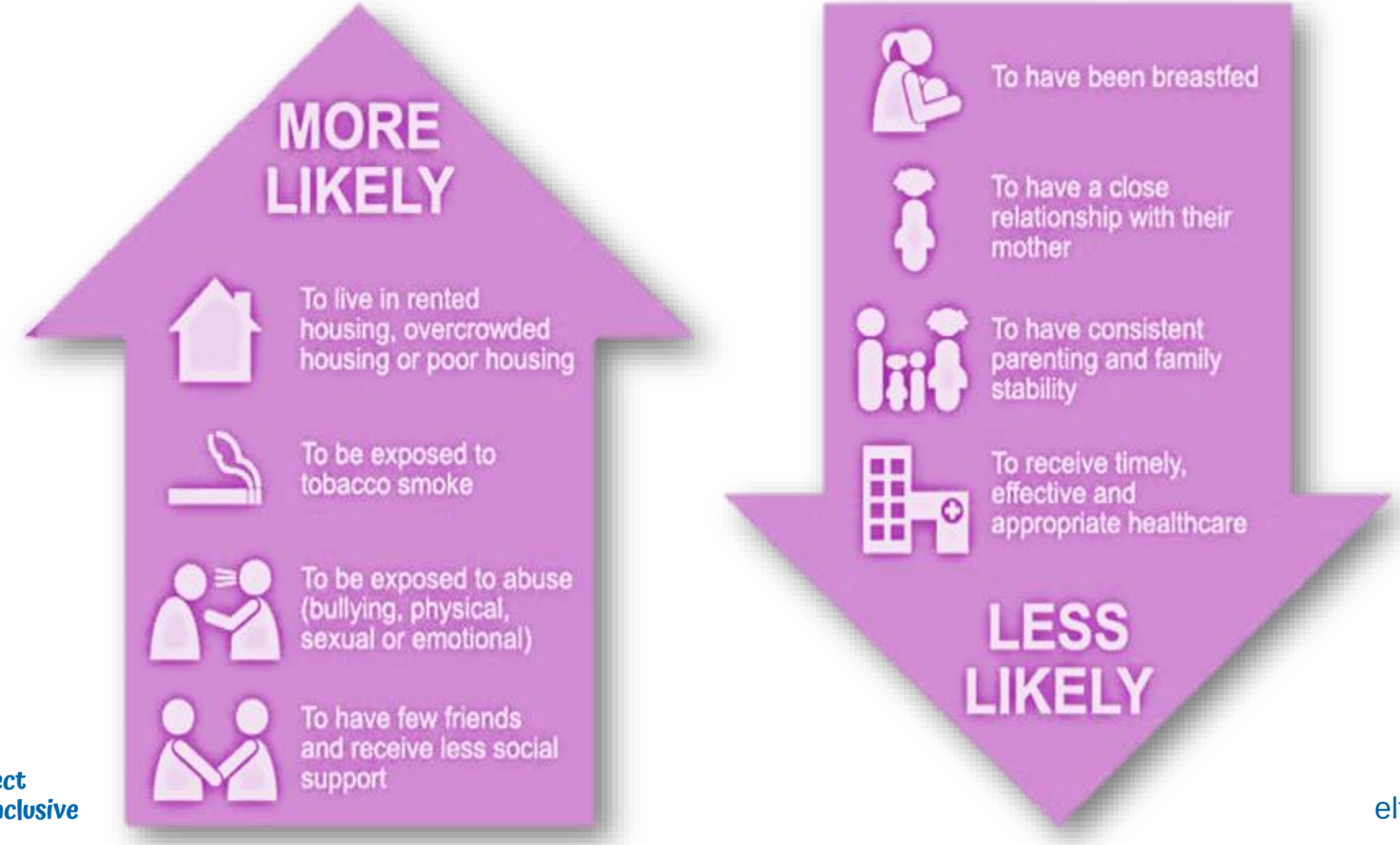

Ask about the #ELFTPromise

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Health Gap in Learning Disabilities

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Epilepsy:

20 times more common than general population

Less bone density:

higher levels of osteoporosis

Feeding and swallowing difficulties

Constipation, Incontinence, GORD

Behaviour that Challenges

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Behaviour which puts an individual or others at risk in any social situation

Limits their access to services.

Causes

- personal factors such as communication difficulties and physical health issues
- environmental factors such as abusive or restrictive social environments.

Behaviour That Challenges

Assessment of behaviour that challenges

- Requires observation and a physical assessment to exclude physical causes

Development of a Positive Behavioural Support (PBS) plan

Referral to secondary care services may also be required.

Multifactorial causation

- Is there a place for medication?
- Is there a place for medication alone in challenging behaviour?

NICE May 2015 Challenging Behaviour and LD

Consider antipsychotics if:

- Psychological and other interventions **alone** do not produce change **within agreed time**
- Treatment for any co-existing mental or physical illness has not led to a reduction in behaviour
- The risk to the person or others is very severe

Only offer antipsychotic meds in combination with psychological or other interventions

STOMP

Pledge for Social Care

Stopping Over-Medication of People with a Learning Disability, Autism or Both

Supported by NHS England

VODG NCF CARE ENGLAND ARC England LDE skillsforcare

How did STOMP come about?

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Winterbourne 2012

Improve QoL of children, young people and adults with LD, autism or both, who are prescribed psychotropics

Ensure psychotropics prescribed for the **right reasons** and at the **right dose/duration**

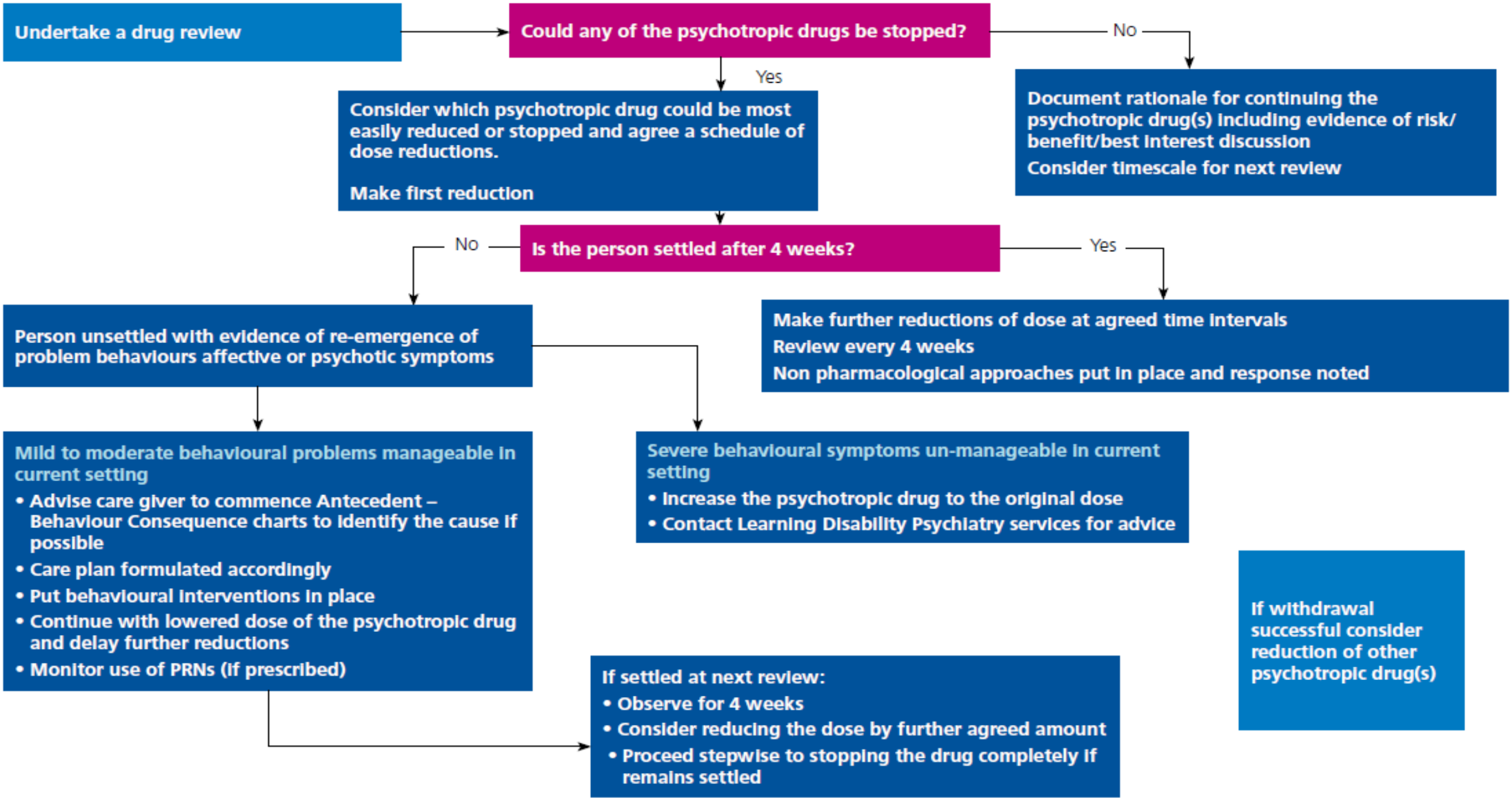
Improve understanding of:

- drugs and when they should/should not be used
- non-drug treatments and support - Work with Drs, MDT, PBS

Inappropriate use of medication

- Long term use without review
- Higher dosage than required
- Continuation despite side effects
- Unclear indication

Algorithm for the review, reduction or stopping of psychotropic drugs in people with a learning disability, autism or both



PBS and STOMP

PBS approaches can be used to capture and measure success.

Identify behaviours which require the need for PBS strategies to de-escalate incidents without having to use PRN medication.

Recording and reflecting on successful diversions when staff did not administer ‘as needed’ medication

STOMP Reviews

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Service-user reviewed by LD Psychiatrist

Antipsychotic reduced if appropriate – GP contacted with recommendations

Followed up by LD Pharmacist in 4-6 weeks

Measure:

- Presence of challenging behaviours
- Side effect burden
- Can medication be reduced further?

Contact GP with dose recommendations

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Since starting the project…

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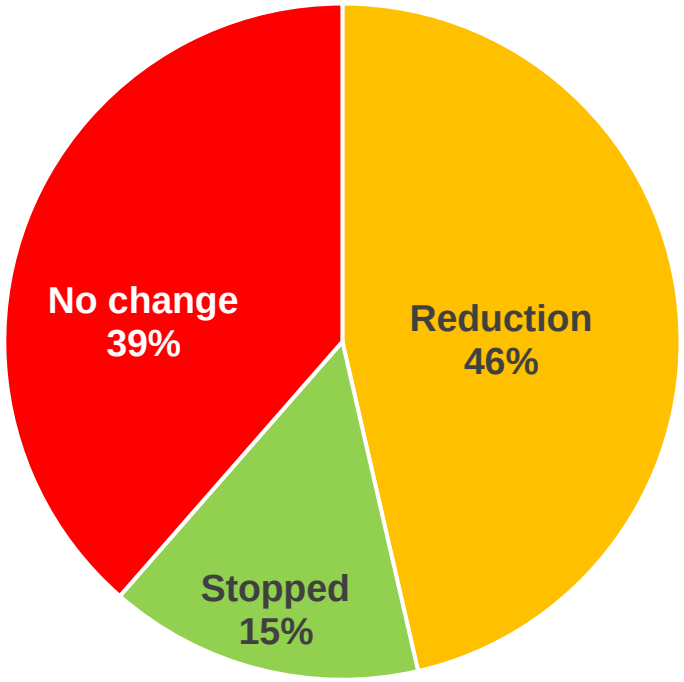
Out of 153 "STOMP-Eligible" service users currently under review, we have:

- Put 94 patients on a medication reduction plan
- Stopped 23 patients antipsychotics altogether

Reduced side effects experienced by our STOMP service-users

Improved understanding of medications in people with lived experience, carers, families, and GP practices



Patient and carer feedback

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"Shiva's involvement in my son's reviews made a big difference to his care. She gave me confidence to take my son off medication I previously was too scared to. She explained what the medications do, and worked with me and my husband to reduce the medication down every month or so. We would wait longer to reduce when my husband was away, and we stopped my son's aripiprazole completely since in November. Very grateful"

Mother of STOMP service-user FA

"I like the pharmacist. She talks to me and my step-dad every month about my medication and asks us how we're doing.
I ask her questions and she gives me time to think about it if I don't want to change my medicine"

STOMP service user CC

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Learning Disability Resources

easyhealth.org.uk

Positive Behavioural Support
NORTH EAST & NORTH CUMBRIA

Specialist Pharmacy Service

mencap
The voice of learning disability

choice and medication©
information for people who use services, carers and professionals

CPPE

RC PSYCH
ROYAL COLLEGE OF PSYCHIATRISTS

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

Poo matters

NHS
LeDeR 2021
Learning from Lives and Deaths – People with a Learning Disability and Autistic People

NHS England and NHS Improvement

Click icons for links to great LD resources

FutureNHS

Any
Questions
?

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