

## **STOMP LD**

**STOMP LD** (Stop Over Medicating People with Learning Disability) is an NHS England initiative to identify people with a learning disability who:

- Do not have a formal diagnosis of a mental health issue
- Are not currently known to mental health services but are prescribed anti-psychotic and anti-depressant medication

It is estimated that approximately 17% of people with a learning disability are prescribed anti-psychotic medication and 16% are prescribed antidepressants. These medications are known to have side effects that contribute to weight gain, have sedative effects – which can lead to loss of motivation to engage in activities, and other symptoms which are known to have a disproportional impact on people with a learning disability, such as constipation.

The STOMP LD initiative aims to review and reduce unnecessary medication for the above patient cohort, putting in place alternative strategies to support and manage behaviours of concern.

## **The Process**

### **Step 1 – Acquire List**

STOMP team approach GP surgeries to request they do a search to ascertain if they have anyone on their LD register who is

1. On psychotropic or anxiolytic medication
2. not under psychiatry
3. No known mental health diagnosis

### **Step 2 – First Check and GP Triage**

STOMP nurse – alongside GP practice will complete an initial check to rule out people not appropriate for STOMP team – eg Identify a MH diagnosis / died / moved away / only recently placed on the medication with clear rationale etc. GP surgery to identify if anyone should be triaged as High Priority for STOMP due to signs and symptoms of toxicity / medication having a negative impact on the person.

### **Step 3 – Deep Dive**

STOMP Team – Complete a Deep Dive into Accis Paris, Shared Care, full medical history from GP and ask Social Care, Nursing and SLDS if known - reach decision whether appropriate to do full STOMP assessment [This can commence while awaiting responses]

### **Step 4 – Assessment Process**

In order to ensure the persons support team are all engaged and have a voice – request a training slot with care team to explain STOMP and ensure they are all aware of the process and support and all contribute. STOMP reductions should not commence until staff training session has occurred to ensure the team are aware.

- STOMP assessment Tool
- A Fully Nursing Assessment
- STOMP PBS support plan – for all and Speedy version for instant Do's and Don'ts
- ADDITIONAL - STOMP Information Gathering Tool - if any behaviours are currently identified or If anyone has had direct involvement with the person when historically they had behaviours of concern [then use this to create above support plan]

The Process of assessment involves completion of all 3 above processes / tools. Embedded within the STOMP tool is Mental Capacity to ensure the person themselves has maximum involvement in the decision making and also engagement with key people in the persons life [including family] and Community LD Nursing, Social Care and SLDS

#### **Step 5 – Checking In and create Protocol**

Check the document accurately reflects the views of all involved – if the consensus is that a reduction is possible for the GP to consider then STOMP nurse will create a draft of Reduction Protocol linked with any PBS plan and STOMP ABC monitoring charts

- Run past the person and the people who support the person [and anyone else who has had a voice in the process]
- Run past CLDNs
- Run past SLDS if the person has been know to their services or if it is still unclear whether they have ever been known
- Run past a senior nurse in service

#### **Step 6 – GP Decision**

Then Link with GP to discuss all information for them to make a final clinical decision regarding whether it is in the persons clinical best interest to commence a reduction.

#### **Step 7 – Commencing reduction**

At start of reduction ensure the staff training session has occurred and the staff team are ALL aware of the STOMP protocol

All are aware of the ABC chart and PBS support plan and who to contact and when

The persons Purple Folder is up to date re Reasonable Adjustments and Communication etc and has a copy of the STOMP protocol and a Current Interventions page included.

### **Step 8 – Monitoring**

Monitoring is carried out in line with the persons protocol as agreed, If, in line with the protocol, there are any indications of mental health decline during the reduction phase, then STOMP team will, in addition to protocol plan, liaise with SLDS for discussion to ensure all steps are being taken to reduce risk of escalation requiring admission.