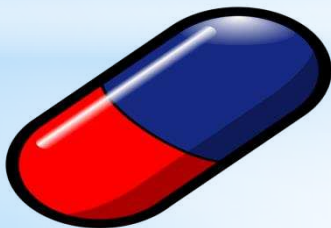


STOMP

Stopping the Over Medication of People with Learning Disabilities: A Pilot Study

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Story

The “stopping over medication of people with a learning disability, autism or both with psychotropic medicines” (STOMP) initiative was launched in 2016 by The Royal College of Nursing, The Royal College of Psychiatrists, The Royal College of GPs, The Royal Pharmaceutical Society and The British Psychological Society. It is a national project aiming to improve the quality of lives of people with a learning disability and / or autism by reducing inappropriate uses of psychotropic medication with these populations (NHS England, 2017).

Psychotropic medications are sometimes used as an intervention aiming to reduce challenging behaviour, and are used at a higher rate in people with learning disabilities and autism than those without these diagnoses (NHS England, 2017).

Taking part

- 10 participants selected from Psychiatrist caseload
- STOMP Team, Jayne Davies (Lead LD Nurse), Dr Oladimeji Kareem (Consultant Psychiatrist) and Katherine Byron-Daniel (Clinical Psychologist)
- Selection based on highest number of prescribed psychotropic medication
- 7 male, 3 female
- Mean age: 47.7 years (Range 18-62 years)
- Accommodation: 7 in Residential Care, 2 in Supported Living, 1 living with family
- 6 participants open to the team for 20 years
- Mean number of medications: 7 (Range 5-14)

Organisation (what we did) STOMP Clinic 1

- Participants & carer invited to join STOMP
- 9 participants/carer attended the first clinic (Clinic 1)
- Step 1: participants met with Learning Disability Nurse & completed STOMP booklet (up to 45 mins)
- Step 2: participants met with Consultant Psychiatrist & Clinical Psychologist (up to 30 mins)
- A medication reduction plan was agreed for 8 of the participants who attended Clinic 1
- One participant discharged from STOMP at Clinic 1 as she did not wish to change her medication
- Carers requested to telephone 4 weeks after reduction plan implemented for feedback (or before if concerns)
- Clinic 2 offered 4 months after with Consultant Psychiatrist & Clinical Psychologist

Organisation (what we did) STOMP Clinic 2

- Participants & carer invited to join STOMP
- 9 participants/carers attended the second clinic (Clinic 2)
- Step 1: participants met with Consultant Psychiatrist & Clinical Psychologist (up to 30 mins)
- A medication reduction plan was agreed for 4 of the participants who attended Clinic 2
- One participant discharged from STOMP at Clinic 2 as he is now on a minimal combination of psychotropic medications
- One participant offered psychological support to address inappropriate behaviours, low mood and verbal aggression
- One client's medication was re-instated as it was thought to be affecting her cognitive functions due to dementia
- Two clients did not have any medication reductions recommended during Clinic 2
- Carers requested to provide feedback regarding proposed medication changes as recommended in clinic report plan (or before if concerns)
- Clinic 3 offered 3-4 months after with Consultant Psychiatrist & Clinical Psychologist

Organisation (what we did) STOMP Clinic 3

- Two participants were discharged during their annual CPA reviews prior to Clinic 3 as the clients are now on a reasonable number of medications
- Participants & carer invited to join STOMP
- 7 participants/carers attended the third clinic (Clinic 3)
- Step 1: participants met with Consultant Psychiatrist & Clinical Psychologist (up to 30 mins)
- A medication reduction plan was agreed for one of the participants who attended Clinic 3
- One participant discharged from STOMP at Clinic 3 as he is now feeling well and an attempt to reduce medication in the past led to significant deterioration in his mental state, conduct and behaviour which caused him a lot of distress
- One participant offered support around ABC and behaviour chart monitoring and recording
- One client's medication was re-instated as there had not been any improvement in his behaviour and sleepless nights continues to persist. Insomnia was impacting on his functioning during the daytime as he would become irritable, argumentation and confrontational
- Four clients did not have any medication reductions recommended during Clinic 3
- Carers requested to provide feedback regarding proposed medication changes as recommended in clinic report plan (or before if concerns)
- Clinic 4 offered 3-4 months after with Consultant Psychiatrist & Clinical Psychologist

Medication Reduction Summary

- **One** participant was too anxious to reduce medication following recent experience of mental health deterioration and was discharged during STOMP Clinic 1
- **One** participant was discharged during STOMP Clinic 2 as he is now on a minimal combination of psychotropic medications
- **Two** participants were able to maintain the medication reduction with no concerns or side effects and were discharged prior to Clinic 3
- **One** participant discharged from STOMP at Clinic 3 due to significant deterioration in his mental state, conduct and behaviour during previous medication reduction which caused him a lot of distress
- **Two** participants maintained medication reduction without any behavioural problems observed throughout the study
- **One** participant offered support around ABC and behaviour chart monitoring and recording
- **One** participants medication was re-instated due to deterioration in behaviour and insomnia
- **One** participant maintained reduction although an increase in low mood and challenging behaviour was observed for a period of 6-8 weeks'. This participant is now however settled and his mood has improved and will be reviewed again at Clinic 4

Participants remaining

- 5 participants remaining
- STOMP Team, Jayne Davies (Lead LD Nurse), Dr Oladimeji Kareem (Consultant Psychiatrist) and Katherine Byron-Daniel (Clinical Psychologist)
- 5 males
- Mean age: 51.4 years (Range 18-62 years)
- Accommodation: 4 in Residential Care, 1 in Supported Living
- 3 participants open to the team for 20 years, 1 participant open to team for 13 years and 1 has been open to the team for 16 months
- Mean number of medications: 5.8 (Range 4-12)

Plan

- Clinic 4 planned with 5 participants in 3-4 months' time
- STOMP sub group to review outcome and make decisions for second cohort
- Consider how to structure further evaluation, including appropriate outcome measures, qualitative research and longitudinal design