



The Learning Disability
Professional Senate

STOMP*

Pledge for Allied Health Professions

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



STOMP: Stopping Over-Medication of People with a Learning Disability, or autism, or both

Introduction:

'The use of psychotropic medication to manage mental health disorders and challenging behaviour in people with Intellectual Disabilities has been highlighted as an area for development and strategic review under the Transforming Care Programme (2015). In 2016, following an earlier pledge by a number of different professional groups to bring an end to what was described as inappropriate practices, NHS England launched the STOMP initiative.

It is estimated that every day about 35,000 people with learning disabilities or autism are prescribed psychotropic medicines when they do not have a diagnosed mental health condition, often to manage behaviour which is seen as challenging. This includes medicines used to treat psychosis, depression, anxiety and sleep disorders. It also includes epilepsy medication when it is only used for its calming effect, rather than to treat epilepsy. STOMP is about making sure people get the right medicine if they need it and that people get all the help they need in other ways as well. It is about encouraging people to have regular medication reviews, supporting health professionals to involve people in decisions and showing how families and social care providers can be involved. STOMP also aims to improve awareness of non-drug therapies and practical ways of supporting people whose behaviour is seen as challenging. (NHS England website retrieved 11th Oct 21.00)

The following professions ¹ fully support this STOMP campaign and pledge to work with other professionals to promote the reduction of the use of psychotropic medication in people with learning disabilities:

The British Association of Art Therapists

The British Association for Music Therapy

The British Association of Dramatherapists

The Association for Dance Movement Psychotherapy

The Royal College of Speech and Language Therapists

The Chartered Society of Physiotherapy

The British Dietetic Association

The Allied Health Professions and Dance Movement Psychotherapy (DMP) are key players in providing health treatment and intervention to people with a learning disability including those with behaviours that challenge. These professions are therefore well-placed to promote this campaign and consider how their specific profession is best placed to support it.

The Allied Health Professions and DMP to whom this document refers will promote the STOMP campaign amongst its members and partners through the following:

1. AHPs and DMP will provide information about the STOMP campaign and any specific actions to all members of their professional associations via relevant

¹ All of the professions listed with the exception of Dance Movement Psychotherapy are collectively known as Allied Health Professions and will be referred to as such throughout this document.

- special interest groups/networks and relevant newsletters and websites;
2. AHPs and DMP will work together with all partners including the medical profession, people with a learning disability, their families and carers in developing a shared understanding of the STOMP campaign and the need to reduce the use of psychotropic medication;
 3. AHPs and DMP will provide access to information about the STOMP campaign and the roles they play. This may require individual reasonable adjustments for service users and their families/carers.
 4. AHPs and DMP will support using a person centred approach to develop a robust multi-disciplinary care plan that is co-produced by all relevant professionals, families/carers and Service User where possible.
 5. AHPs and DMP will use recognised outcomes measures, e.g. HoNoS-LD, TOMs, EKOS, Core-LD to monitor the effectiveness of their intervention;
 6. Any intervention provided by an AHP will be part of a holistic and person centred approach developed in partnership with the Multi-disciplinary team as well as the person themselves and their carers. We will support all professions to have the confidence to either explore the rationale for using medication or challenge its use when this is not part of the agreed MDT approach or choice of the Service User;
 7. AHPs and DMP will always seek consent to treatment and where the person themselves is unable to consent their own treatment will follow the best interest framework;
 8. AHPs and DMP will play a vital role in assisting in all aspects of communication associated with the use of psychotropic medication ensuring the person and their family/carers are involved in their care plan, understanding the rationale behind medication and any side effects. This will include ensuring easy read information is available. We will use the 5 Good Communication Standards to empower people in understanding their medication, helping carers to know how Service Users can be proactively involved in their reviews and therefore decisions about their medication;
 9. AHPs and DMP will play a vital role in supporting the person themselves who may be experiencing an unsettled period following and during the reduction of psychotropic medication and support all involved to understand the underlying meaning and function of any behaviour thereby offer a more functional analysis. Such support may take the form of therapy, e.g. art, music, drama or dance, a review of all aspects of communication, a review of all meaningful activity and occupation and ensuring physical well-being.

The Royal College of SLTs specifically will :

Proactively champion that the 5 Good communication standards as quality standards embedded in services to reduce individuals need to use challenging behaviour to communicate their needs

- Promote a better understanding and response to the communication needs of people with a LD in order to reduce challenging behaviour and the current over reliance on medication
- Ensure awareness of the impact of medication on swallowing function

The Four Arts Therapies Professional Associations will specifically promote:

- Proactively promote the use of non-verbal creative media (music, art, drama or dance) to provide detailed assessment and treatment, including crisis intervention of a person with a learning disability and additional mental health needs – including challenging behaviour – regardless of a person's access to words and verbal communication.
- Offer detailed observation of the individual's use of the creative medium and the relationship that they build with the therapist, to provide important information including understanding a service user's behaviour as a means of communication in itself, for both the care team around them and families, as well as the individual themselves. This may, over time, lead to an improvement in mental health and a reduction in challenging behaviour when delivered as part of a multidisciplinary care package.

Chartered Society of Physiotherapy specifically will:

- Raise awareness of the impact that the secondary side effects of over medication, such as weight gain; drug induced motor disorders, drowsiness, fatigue and apathy can have when delivering physiotherapy interventions.
- Promote the importance of opportunities to engage in physical activities and the role physical activity has on improving health and well-being and quality of life.
- Encourage Physiotherapists to work with all members of the multidisciplinary team in supporting the reduction of medication.

The British Dietetic Association specifically will:

- Raise awareness of the impact many psychotropic drugs have on a person's physical health including weight gain, derangement of lipid profiles and increased risk of type 2 diabetes.
- Dietitians will provide appropriate dietary interventions, guidance and support, where possible to individuals, families and carers to reduce or support management of the above side effects and to promote maintenance of a person's optimal physical health.
- Dietitians will support multi-disciplinary discussion with regards to alternatives to medication where appropriate to prevent unwanted side effects from medications.

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References:

[https://www.rcpsych.ac.uk/pdf/STOMP_Faculty_Psychiatry_Intellectual_Disability_\(002\).pdf](https://www.rcpsych.ac.uk/pdf/STOMP_Faculty_Psychiatry_Intellectual_Disability_(002).pdf)

retrieved 11th October 2017 at 21.00

<https://www.england.nhs.uk/learning-disabilities/stomp/> retrieved 11th October 2017 at 21.00

<https://www.england.nhs.uk/learning-disabilities/care> retrieved 29th November 2017 at 21.30

