**Guidance for GPs re STOMP LD process:**

What is STOMP LD?

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

* Do not have a formal diagnosis of a mental health issue,
* Who are not currently known to mental health services and are prescribed anti-psychotic and anti-depressant medication with a view to review and reduce medication, and
* Put in place alternative strategies to manage difficult to manage behaviours.

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 which 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 disproportional impact on people with a learning disability, such as constipation.

The Process:

People with a learning disability are expected to have an annual health check (AHC) once a year. At this time you or the carers or the person themselves may recognize that they meet the criteria above for a STOMP medication review.

Alternatively carers or service users may come seeking a medication review using the VODG documentation.

Community Learning Disability Nurses (CLDNs ) will also screen their new referrals and anyone meeting the criteria for STOMP (outlined above ) will be directed towards you.

The CLDNs area also able to carry out a STOMP risk assessment and feed this back to the GP.

The CLDNs will be completing monitoring so that numbers of people thought to meet the STOMP criteria, and that the nurses are working directly with, are fed back to commissioners.

The CLDNs are happy to consider mental capacity issues, but the decision maker is the GP for those who lack capacity in relation to their medication.

If the patient does not seek a review then a medication review should be discussed at the next AHC.

If proceeding with a reduction, follow clinical discretion or refer to Appendix 1 of NHS England’s toolkit for Prescribers (<https://www.england.nhs.uk/publication/stopping-over-medication-of-people-with-a-learning-disability-autism-or-both/>)

Support from Community Learning Disability Nurses – Simple reductions:

* Additional monitoring of withdrawal effects
* Additional monitoring for relapse in symptoms / behaviours
* Strategies for managing difficult to manage behaviours/ sign posting to other services
* Support for the individual or carers

Support from HPFT learning Disability Services – complex reductions

* Advice can be sought from the HPFT learning disability psychiatrists regarding more complex reductions.

Where to get advice and links:

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| NHS England: Toolkit For Prescribers | https://www.england.nhs.uk/publication/stopping-over-medication-of-people-with-a-learning-disability-autism-or-both/) |
| NHS England :Stopping Over-Medication of People with a Learning Disability, Autism or Both | https://www.england.nhs.uk/learning-disabilities/stomp/ |
| VODG | https://www.vodg.org.uk/wp-content/uploads/2017-VODG-Preparing-to-visit-a-doctor-to-talk-about-psychotropic-medication.pdf |

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