



Best Practice Guidance for completing a **STOMP Structured Medication Review**



STOMP stands for Stopping Over Medication in People with a learning disability

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1. Overview

Purpose of this guidance

Many people with a learning disability are prescribed inappropriate psychotropic medication. Some remain on psychotropic medicines for longer than is necessary or experience high levels of polypharmacy and side effects due to these psychotropic medicines. The impact of this is increased risk of poor health and early avoidable deaths.

Structured Medication Reviews are key interventions that healthcare professionals, especially doctors and pharmacists, can carry out to reduce inappropriate prescribing. These reviews can help to address health inequalities and improve health outcomes and quality of life.

This guidance is designed to support healthcare professionals to carry out effective and efficient Structured Medication Reviews for people with a learning disability.

Who is this guidance for?

All clinicians who plan, facilitate or contribute to Structured Medication Reviews in all settings.

Who does this guidance relate to?

This guidance is focused on Structured Medication Reviews for adults with a learning disability only. Whilst we recognise that STOMP is a campaign that also covered autistic people and children with a learning disability, we focused on an adult learning disability population while developing the guidance. Therefore, you may wish to consider adapting these resources for autistic people and children in response to their different needs, mental capacity and rights.

2. Best practice guidance summary



Best Practice Guidance for completing a STOMP Structured Medication Review

Prior to the Medication Review

- **Gather information about the medicines prescribed and their indication**
 - See our Guidance for Healthcare Professionals on preparing for a review
- **Enable the patient and their carers to prepare for the review**
 - See our Invitation and Booklet for patients and families, carers and support staff to use
- **Check what reasonable adjustments may be needed for the review**
 - See our Reasonable Adjustment Checklist

During the Medication Review

- **Agree a shared purpose for the review.**
 - Involve the patient, families, carers and support staff in the decisions about medicines
 - Discuss and document the patient's mental capacity to decide about medicines
 - Explore patient, family, carers and support staff perspectives about medicines
 - Communicate information about STOMP and off licence medicines
 - See our resources bank for tools on how to provide and communicate information in an accessible way.
- **Assess the benefits of the medication**
 - Identify target symptoms and use approved rating scales to monitor benefit
 - Explore and discuss non-pharmacological options for treatment
 - Review polypharmacy and highlight where medicines may no longer be required
 - See our resources bank for accessible tools to help measure behaviour, mood / anxiety, pain / discomfort, sleep, dysphagia, quality of life
- **Assess the side effects of the medication**
 - Review and discuss any recent physical health monitoring.
 - Use approved rating scales to monitor for side effects
 - Ask about and address any barriers to adherence
 - See our resources bank for accessible tools to measure psychotropic side effects, anti-cholinergic burden, constipation
- **Agree a shared holistic plan for follow up**
 - Agree a plan for follow up consultation(s), physical health monitoring, referrals and other actions including who, how and when they will be achieved.
 - Offer advice on disposal of unused medicines
 - Communicate the plan in an appropriate way to the patient.
 - See our resources bank for templates on sharing and recording review outcomes with patients and their families / carers and paid carers.

After the Medication Review

- **Communicate the review outcomes with all relevant stakeholders**
- **If medication changes have been made, encourage patients and their families, carers/ support staff to monitor and report symptoms using accessible charts**
 - See our resources bank for accessible charts to monitor outcomes
- **Record details of the review in the electronic patient record**
 - See our resources bank for templates on how to record a STOMP SMR
 - Ensure that electronic coding is updated and accurate, including diagnostic details, medication details and SMR review details.
 - Check the information in the Reasonable Adjustments Digital Flag is accurate

3. Guidance for Healthcare professionals preparing for a STOMP review (example first page)

Questions to consider when preparing to review Patients with a Learning Disability who are taking psychotropic medication



Is the patient currently under the care of a specialist mental health or learning disability psychiatry team or have they been under their care within the last 12 months?

Yes

Consider recommendations outlined in the most recent specialist review. Plan to check the patients understanding of the treatment, check any issues with adherence and review for side effects. Plan to highlight if specialist review is overdue. Consider further advice given below.

No

Why is each psychotropic prescribed?

Does the patient have a recorded diagnosis of mental illness which requires long-term use of the psychotropic.

Yes

Is the optimum dose(s) being used and is polypharmacy minimised

Yes

Plan to confirm the patients understanding of the treatment, check adherence and review side effects. Consider further advice given below.

No

No

Consider the following prior to the consultation:

❑ When was the medication started and by whom?

If started in secondary care or in private care, review letters to determine the long-term plan for treatment. If necessary, contact the secondary care team or private care provider for further information.

❑ What are the target symptoms that the psychotropic is being used for?

Consider information from specialist letters, patients, family and carers. Update patients record where appropriate. Plan to ask if target symptoms have improved or resolved.

❑ How does the patient take their medication?

Check medication adherence. Is the medication being taken regularly? How frequently are they requesting the medication?

❑ Is the prescribing off-label?

Check has this been documented and discussed with the patient? If not, plan to explain what this means and why the medicine is being used this way.

❑ What information do you have about previous history of treatment?

Have there been attempts to reduce / remove medication in the past? If unknown, plan to ask in consultation and document.

4. Reasonable Adjustments checklist

How to make Reasonable Adjustments checklist



You are legally required to make reasonable adjustments where patients need them to be able to use your service. For further information about this, please see:

<https://www.england.nhs.uk/learning-disabilities/improving-health/reasonable-adjustments/>

People with a learning disability will need you to consider the following:

Adjustments to the environment: Does the patient need....

- ☐ a quiet waiting area – please remember to inform your reception staff of their needs.
- ☐ the lighting in the room to be adjusted – check when they arrive and adjust.
- ☐ the noise in the room to be reduced – plan to use a room with reduced noise levels.
- ☐ to use any of their own sensory resources such as noise cancelling headphones or fidget toys

Adjustments to help the patient understand their health information

- ☐ Does your patient need support from a family member, carer or support staff to communicate with you? If so, make sure to invite them to the consultation.
- ☐ What type of information works for your patient (written / oral / sign language) – if unsure, check with the patient or their family member, carer or support staff or see their hospital passport.
- ☐ Have you got easy read information sheets available for the treatments and illnesses you plan to discuss?
- ☐ Does the patient or their family member need the information in another language?
- ☐ Do they need time to process the information you've give them? Would diagrams help?

Other adjustments the patient may need

- ☐ Does the patient need a longer appointment?
- ☐ Does the patient need a virtual appointment?
- ☐ Does the patient need additional support to have their physical health monitoring done, such as specialist support for blood tests?
- ☐ Does the patient need a pre-appointment visit or phone call or written information to help them prepare for the visit.

Where have you documented these reasonable adjustments?

- ☐ I have documented this using the digital Reasonable Adjustment Flag*
- ☐ I have recorded it as a flag within our internal electronic patient record system

*The Reasonable Adjustments Digital Flag is a national record which can be accessed from a person's medical record, where the reasonable adjustments that they need can be recorded and shared with other organisations. <https://digital.nhs.uk/services/reasonable-adjustment-flag>

5. Booklet for patients and family members, carers and support staff preparing for a STOMP review (example first page)



Talking to your Healthcare Professional about your Medication



A **medication review** is when you meet with your health care professional to talk about the medication you take, and if any changes need to be made



Please fill in this booklet and bring it with you to your medication review.



This is to help you think about your medication, what is working, and what could be better.



It will help the person doing your medication review understand about your health, and how you feel about your medication.



You can also tell them if you have any problems with your medications.

This can include medications prescribed for you, or medications you buy, such as painkillers or for constipation.

6. Invitation letter for patients and family members, carers and support staff preparing for a STOMP review (example first page)



Logo and address of health provider

Contact phone number in bold and size 16 font

Date of letter

Dear **Name of patient**

This letter is about an appointment called a medication review.



A **medication review** is when you meet with your health care professional to talk about the medication you take, and if any changes need to be made.



Where?

Your medication review will be at **add place**



When?

Your medication review appointment is on **add date**

The time of your medication review is **add time**

The medication review will usually last about **add number** minutes.