

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