

STOMP

STOMP pledge for social care

STopping the **O**ver-**M**edication of **P**eople with a learning disability, autism or both

Introduction

What are you doing to tackle over-medication of the people you support? Adult social care providers are invited to sign up to STOMP, an initiative by NHS England to stop the over-medication of people with a learning disability autism or both.

Successfully tackling over-medication is possible when prescribers, commissioners and providers collaborate. Social care provider organisations are invited to play their part by registering their commitment at <https://www.vodg.org.uk/campaigns/stompcampaign/>

The STOMP pledge for social care providers

We pledge to act in the best interests of the people we support at all times by:

- Actively promoting alternatives to medication such as active support, intensive interaction or positive behaviour support.
- Ensuring the people we support, and their circle of support, are involved in decisions about their care, including their medication.
- Ensuring all staff have an understanding of psychotropic medication, including its main uses and side effects.
- Encouraging staff to speak up if they have a concern that a person we support may be overmedicated.
- Maintaining accurate records about the health, wellbeing and behaviour of the people we support.
- Supporting people to have regular reviews of their medication.
- Monitoring the use of psychotropic medication.
- Working with people with a learning disability, autism or both, their families, health professionals, commissioners and others to stop overmedication. This includes working closely with prescribers.

We will set out the actions we will take and report annually on the progress we have made.

Why STOMP?

Public Health England estimates that every day between 30,000-35,000 people with a learning disability are taking prescribed antipsychotic or antidepressant medication, or both, without appropriate clinical justification. Essentially medication continues to be used as a means of controlling people's behaviour, even when alternative evidence-based approaches are available. This is something which must change.

Getting started

STOMP signatories are asked to complete a self-assessment of their organisational performance against each of the pledge commitments and use this as the basis for a STOMP development plan for their organisation. VODG (Voluntary Organisations Disability Group) has developed the following resources which will equip providers to do this:

- STOMP guidance for social care providers
- STOMP self-assessment and action plan template
- Organisational audit tool: this assists providers in developing an overview of the use of psychotropic medication to support people to manage their behaviour

These are available at no cost at <https://www.vodg.org.uk/campaigns/stompcampaign/>

Working together

'Thousands of people with a learning disability are supported by social care providers. Their commitment to the principles of STOMP, ensuring people are on the right medication for them, is really important. Social care staff are in a unique position to support lots of people to get their medication right.'

Hazel Watson
Head of Mental Health and Learning Disabilities
NHS England

Social care providers play a pivotal role in addressing over-medication, but we recognise that providers cannot make this change alone. It's about whole system change. Organisations that work alongside providers are adapting their resources and processes to support the implementation of STOMP:

CQC inspections will include greater scrutiny of restrictive practices, including the use of medication to control a person's behaviour.

Skills for Care is spreading the word about the STOMP campaign and providing resources that help staff develop the skills and confidence to use alternative approaches, stop inappropriate use of medication and where necessary advocate for people when they think medication is being overused.

BILD has incorporated STOMP into its Positive Behaviour Support coaches' programme.

ARC (Association for Real Change) England is building STOMP into its Active Support consultancy programme.

VODG (Voluntary Organisations Disability Group) is building a shared set of resources to support the implementation of STOMP; these are available at <https://www.vodg.org.uk/campaigns/stompcampaign/>

NHS England has developed prescribing guidance for GP's <https://www.vodg.org.uk/wp-content/uploads/STOMP-GP-Prescribing-v17-ONLINE-SELF-PRINT.pdf>

The Royal College of Psychiatrists has produced prescribing guidance for psychiatrists http://rcpsych.ac.uk/pdf/FR_ID_09_for_website.pdf

Share

You can spread the word about STOMP on Twitter and share your news and good practice around tackling over-medication using #STOMP.

If you have tools, training materials, case studies or other resources you would be willing to share to support organisations implementing STOMP, please email stomp@vodg.org.uk

Sign up

The STOMP initiative can deliver real change if we all play our part. Your organisation can sign up today at <https://www.vodg.org.uk/campaigns/stompcampaign/> Together we can make a difference.

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