

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

**Dr Rohit Gumber
Consultant in Learning Disability
Psychiatry**

STOMP



- In 2012 an investigation about the Winterbourne View scandal found that many patients were being given certain medications when they didn't have mental health problems
- These medications are called psychotropic medications
- In 2015, 1 in every 6 people known to their GP as having a learning disability were taking these medications. That is a lot of people

STOMP Campaign



STOMP

Stopping the over-medication of people with a learning disability, autism or both

"If you help people to take the right medication, then their quality of life will be closer to how they want it to be."

Carl Shaw, Learning Disability Advisor, NHS England

Providers are signing the **STOMP** <https://www.vodg.org.uk/campaigns/stompcampaign/> Pledge for Social Care today.

Supported by NHS England

V O D G **NCF** **CARE ENGLAND** **ARC England** **LDE** **skillsforcare**

- To make sure people only receive these drugs for the right reasons and in the right amount
- To improve understanding of these drugs and when they should or should not be used
- To improve understanding of other treatments that are not drugs
- To empower people with learning disabilities, autism or both and their families with the right information and support

Family and Carer Views



“Family carers felt passionately that there needs to be a co-ordinated and sustained drive to improve the quality of care and support for their relative in all areas of their life and reducing inappropriate use of medication is an important part of this.”



Reasons for medication for relatives

- **Behaviour described as challenging** (93% of respondents)
- **Mental health need** (32% of respondents)
- **Threat of placement breakdown**
- **Sleep problems**

What are we doing in Leicestershire and Rutland?

- Doctors and other members of the Learning Disability teams are being educated about the importance of STOMP – Discussing medication at Outpatient appointments and involving patients and carers at all stages
- Good behaviour support services i.e. Outreach team, Community Nurses and other members of the team working together
- Working with GPs to share knowledge and advise on when medication can be reduced or stopped (e.g. Newsletter)
- Leaflets and booklets for carers and patients
- Make sure STOMP is part of meetings for people who are in mental health hospital

