

Quality Improvement Project implementing joint pharmacist and psychiatric trainee led STOMP reviews

Dr Hannah Wieringa, core psychiatric trainee¹, Sandeep Bhatti², clinical pharmacist
1- Hertfordshire Partnership Foundation Trust, 2- Oxford Health NHS Foundation Trust. Pharmacist funded by BOB ICS

Introduction

- Stopping the Over Medication of People with a Learning Disability, autism or both (STOMP), developed following concerns raised about the overuse of psychotropic medication during the Winterbourne View serious case review.
- The STOMP pledge, signed by multiple professional bodies, commits healthcare providers to actively explore alternatives to medication. It aims to ensure people with an intellectual disability and their carers are fully informed and involved in decisions about their care, and feel able to speak up if concerned about medication prescribed.
- The aim of this project was to promote awareness of STOMP and reduce psychotropic burden for patients where possible.**

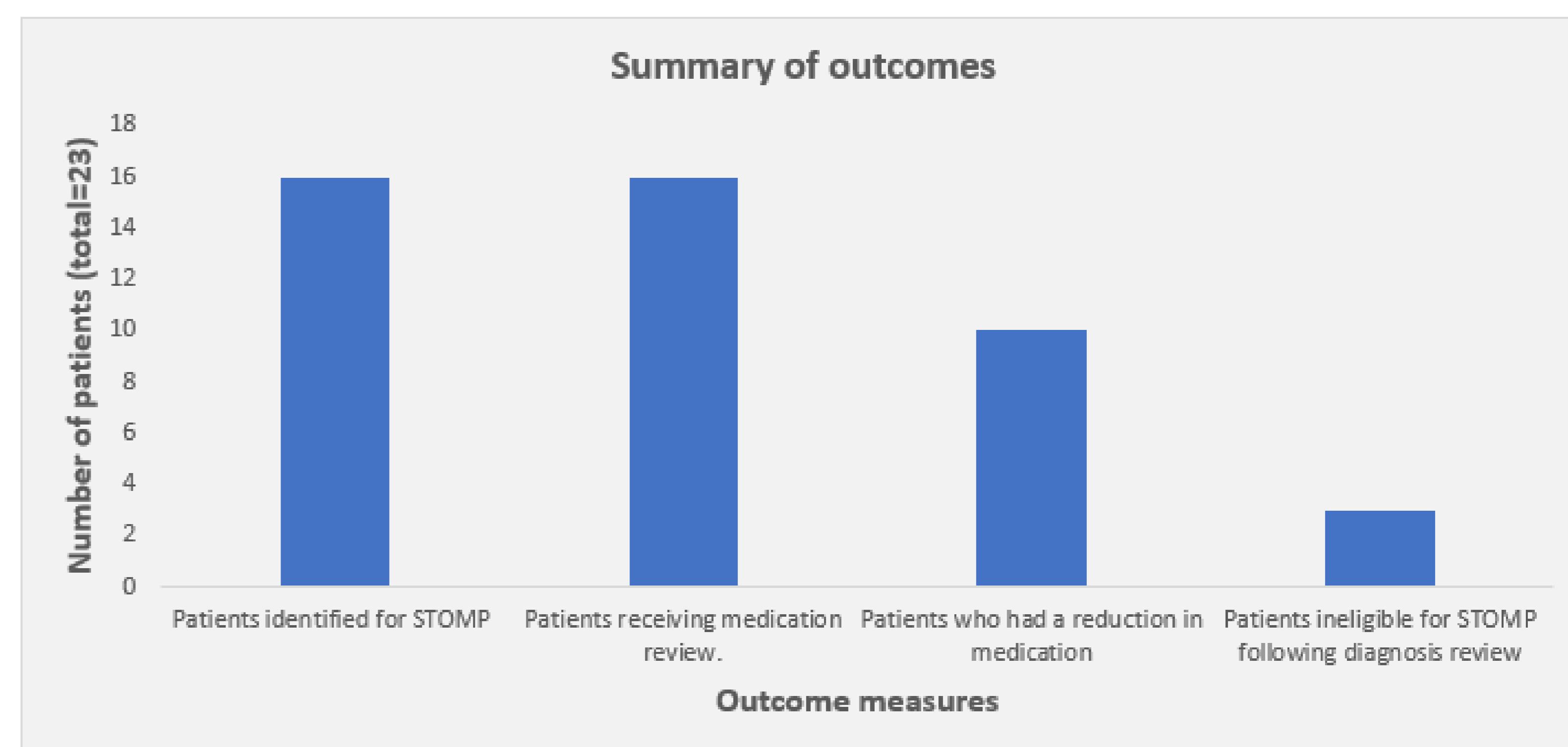
Methods

- Notes of 23 patients from a consultant psychiatrist's caseload were reviewed for STOMP eligibility.
- Eligibility was determined by completing comprehensive medication histories to assess whether prescribing was appropriate according to NICE/Maudsley guidelines.
- Structured face to face medication reviews were performed which also incorporated education on rationale for medication and common side effects.
- A proforma for GP letters was developed which includes patient specific non-pharmacological measures, a dedicated section on appropriateness of prescribing and when to review, and psychotropic medication histories.

Results

- 16 out of 23 (70%) patients reviewed were eligible for STOMP
- Figure 1 provides a summary of outcomes. Overall 63% had their medication reduced.
- Patient and carer feedback (displayed in Figure 2) reveals mixed clinical outcomes following medication reduction, but awareness of STOMP and carers' confidence in raising concerns about medication considerably improved.

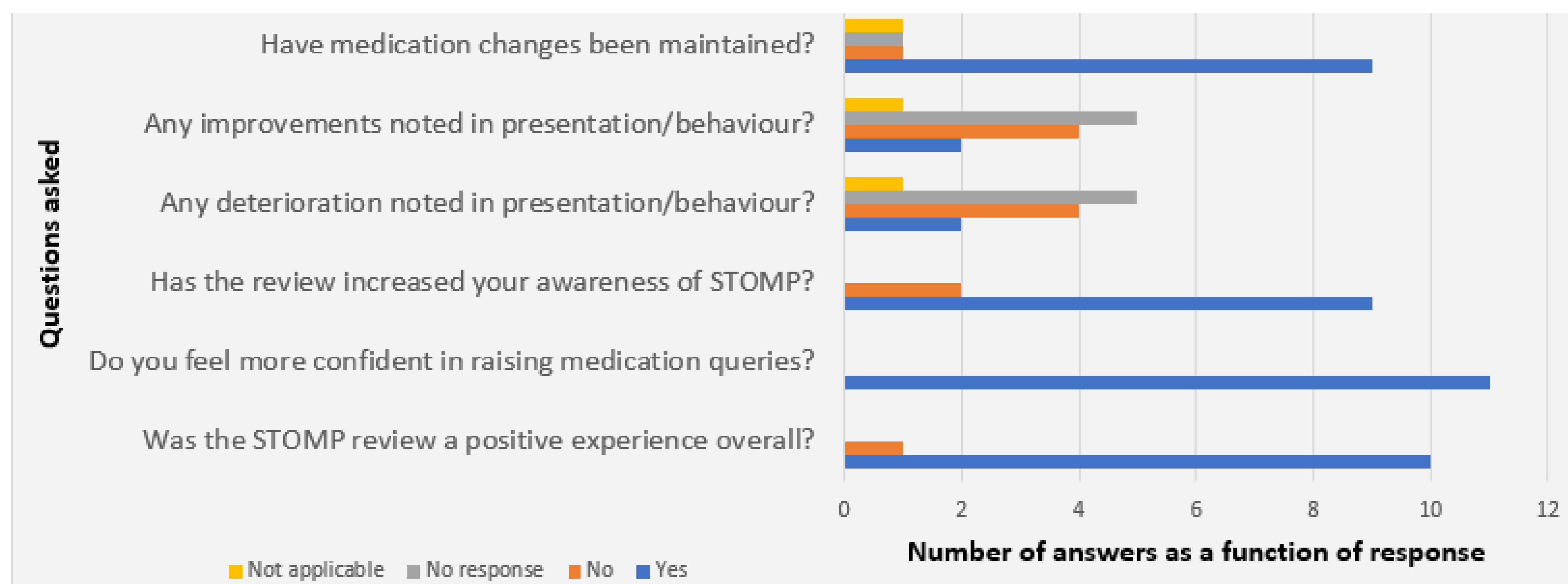
Figure 1- summary of outcomes



Discussion

- Despite STOMP agenda being widely promoted, sustained implementation of STOMP priorities is not happening.
- Our reviews identified that lack of comprehensive documentation related to diagnosis and medication histories is resulting in service users continuing on medication long-term, without adequate review. By introducing standardised proformas for GP letters we hope to improve documentation going forward.
- The reviews led to medication reduction in 63% of patients.

Figure 2: patient and carer feedback (11/16 patients)



Conclusions

- While not all patient outcomes improved following medication reduction, we have shown that trialling medication reduction can be successful, and in those where it results in deterioration in presentation, medication can be justifiably reintroduced.
- Further research identifying those for whom medication reduction is likely to be most beneficial is needed
- Investment in non-pharmacological approaches is essential if STOMP pledge is to be successfully implemented..

References

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