

Clinical re-audit of psychotropic medication use in people with learning disabilities and behaviour that challenges



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Background



- Significant proportion of people with a learning disability display behaviour that challenges.
- 'Behaviour that challenges' is not a diagnosis and careful assessment is needed before decisions are made about prescribing medication.
- NICE (National Institute for health and Care Excellence) guidelines recommend avoiding the use of antipsychotic as the first resort and encourages psychological and other interventions before commencing antipsychotic medication.
- STOMP (Stopping over Medication of People with a Learning Disability, Autism or both) is a national campaign which supports the same.

Aims and hypothesis

- To investigate the use of psychotropic medication, use in people with learning disabilities and behaviours that challenges.
- Compare results with previous cycle in 2018

Methods

- Sample identification:** E-mails sent out to Community LD Team Consultants to identify 5 patients randomly from their case load, no response from 1 team
- Sample size:** 24
- Sample audited:** 23, (1- ID unidentifiable)
- Inclusion criteria:** All community patients in Adult Learning disability teams who had a diagnosis of Learning Disability, prescribed psychotropic medication for behaviour that challenges.
- Exclusion criteria:** patients who did not have 'behaviour that challenges'.
- An audit tool in the form of questionnaire was designed to meet the following criteria

A standard of 100 % should be met for the following criteria in line with NICE guidelines:

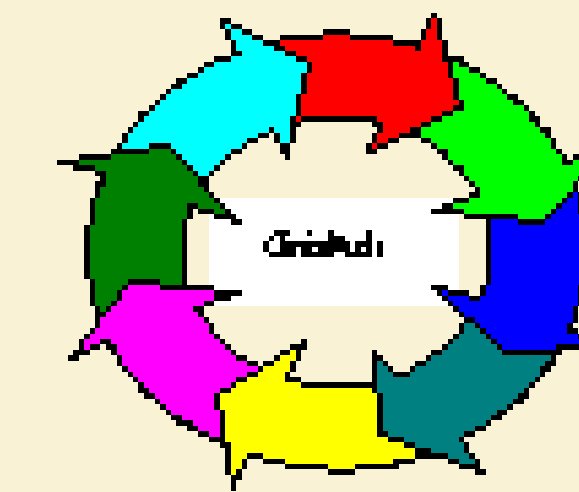
- Identify and treat any Physical and mental health disorders prior to commencing psychotropic medication
- Prescribe only if: Psychological or other interventions have not produced a change within an agreed time, OR failed
- Document a rationale for medication,
- Document how long the medication should be taken for and a strategy for reviewing and stopping the medication
- Document a measure to monitor effectiveness of medication
- When commencing psychotropic medication, only a single drug should be prescribed.
- If there is a positive response to the psychotropic medication a full MDT review should be conducted after 3months
- If there is a positive response to the psychotropic medication a full MDT review should be conducted at least every 6months covering all prescribed medication (including effectiveness, side effects and plans for stopping)

Data collection & analysis

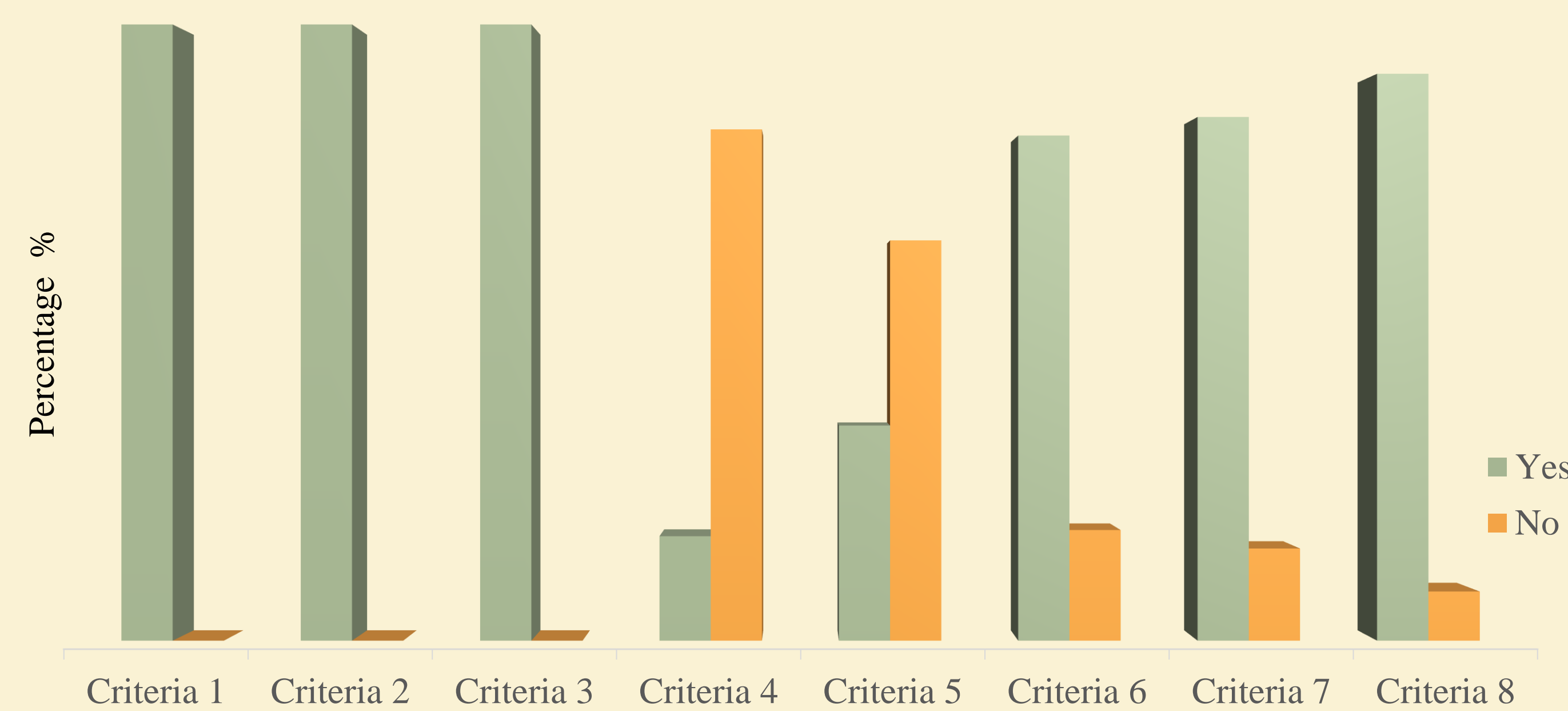
- Data collected in the month of April (01.04.21 to 30.04.21) and analysed in May (01.05.21 to 31.05.21)
- Patient's electronic records (PARIS) were reviewed, and information gathered from case notes and letters.
- Data were analysed using excel sheet and represented using pie chart and bar diagrams.

Results

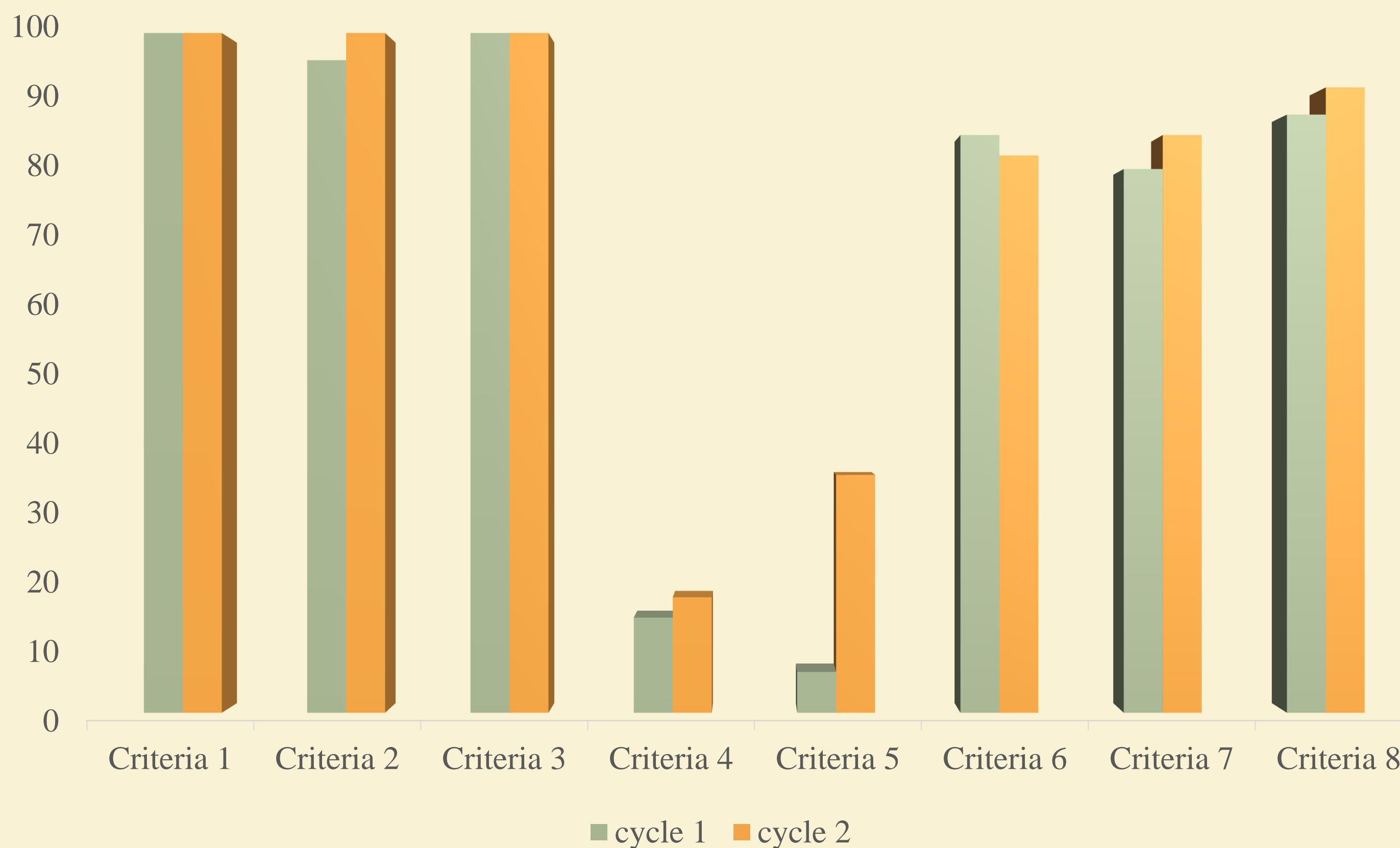
- Of all criteria audited, a compliance rate (100 %) were achieved in
 - Identifying and treating physical/mental illness
 - Documentation of rationale
 - Prescribing only after failure of other interventions
- Poor ratings observed in documenting duration of treatment (17%)
- Poor documentation in measure used to monitor effectiveness (35%)
- Overall compliance rating for the audit was 80-100%
- Slight improvement since the previous action plan in 2018



Criteria standards set out in NICE guidelines



Results comparison between cycle 1 and cycle 2



Conclusion

- Although there are improvements in the most areas of practice as set out in the standards defined in the project, there are still areas which requires improvement, mostly where monitoring measures about the effectiveness of the medications is not documented regularly and not offered in combination with other non-pharmacological interventions.
- It is recommended that further circulation of trust wide email to set as a remainder for clinicians in practice.
- Our results highlight centrality of patient care and duty of candour.

References

- CQC Fundamental Standards relevant to this audit are as follows:
 - Person-centred care
 - Consent
 - Safety
 - Good governance
- National Institute for Health and Care Excellence (2015), Challenging behaviour and learning disabilities: prevention and interventions for people with learning disabilities whose behaviour challenges. NICE Guideline (NG 11)
- <https://www.tewv.nhs.uk/>, accessed 17/03/2022

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