

# STOMP

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

## Poster Competition

Design an A4 poster around why the STOMP initiative is important.

The competition is open to children and young people up to the age of 25 years, living in the North Cumbria North East Transforming Care (NCNE) footprint.

The winning entry and two runners-up will receive vouchers for the individual or school.

The Prize winners will each have their entry printed and used as part of the NCNE work to promote the initiative.

## **Terms & conditions:**

Entry is open to any child or young person up to the age of 25 years.

Entry is open to individuals and schools.

Entrants must live within the North Cumbria & North of England Transforming Care area (see attached map).

Entrants submitting posters must include their full name, age, address and contact details.

School entries must include the details above as well as the name and contact details of the school.

The competition closing date is 22nd June 2018.

The competition will be judged by:

David Gerrard, Pharmacist Lead STOMP  
Programme, Improving Health & Quality, Learning  
Disability Programme, NHS England

Jodie Williams, Expert by Experience, Sunderland  
People First.

The decision of the judging panel is final.

Entrants must agree to the winning poster being printed and used as part of the NCNE response to the national STOMP initiative.

1<sup>st</sup> prize is £200 worth of vouchers



Two Runner Up prizes are worth £75 in vouchers

Please send entries to:

[england.cne-transformingcare@nhs.net](mailto:england.cne-transformingcare@nhs.net)

or alternatively post to:

NHS England,  
Transforming Care,  
Waterfront 4,  
Goldcrest Way,  
Newcastle upon Tyne,  
NE15 8NY

Further information about the STOMP initiative can be found in the summary below and via the links provided.

# STOMP

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## Background to STOMP

- STOMP is a health campaign to stop the over-use of psychotropic medication to manage people's behaviour. This issue came to light following research by Public Health England found that up to 35,000 adults with a learning disability are being prescribed an antipsychotic, an antidepressant or both without appropriate clinical justification.
- This is medication which results in alterations to perception, mood or consciousness. Long-term use of these medicines puts people at unnecessary risk of a wide range of side effects including weight gain, organ failure and even premature death.

## NHSE Reaction to the problem

Following these reports, NHSE led a 'call to action' which brought together representatives of professional and patients groups to make sure changes were made to these inappropriate practices. This led to a pledge to reduce over medication and the start of the STOMP project about stopping the over use of psychotropic medicines. The three year project runs until 2019.

## Aims of STOMP

- STOMP is about making sure people get the right medicine if they need it and that people get all the help they need in other ways as well. It is about encouraging people to have regular medication reviews, supporting health professionals to involve people in decisions and showing how families and social care providers can be involved.
- STOMP also aims to improve awareness of non-drug therapies and practical ways of supporting people whose behaviour is seen as challenging.

## Organisations committed to STOMP

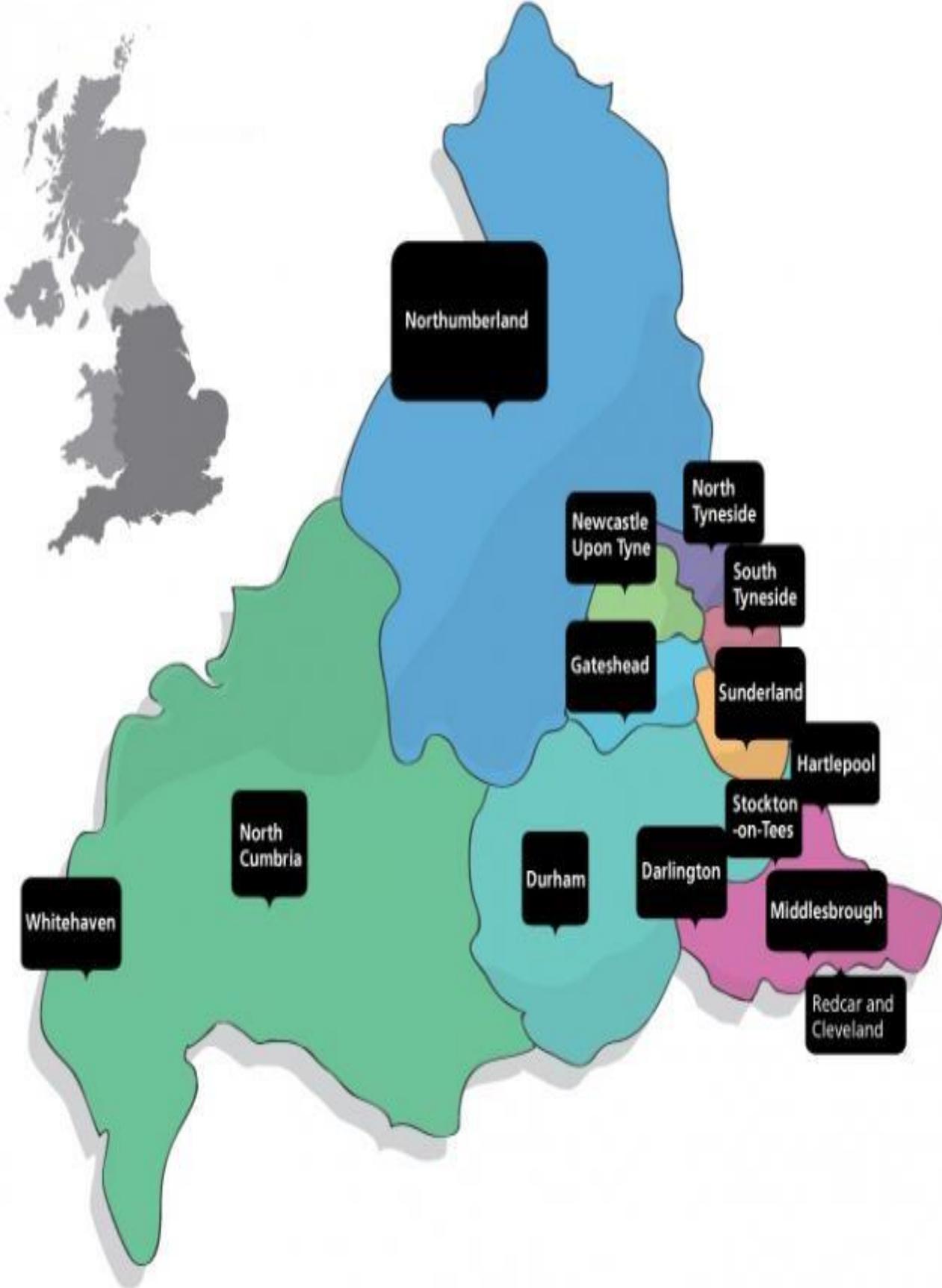
<ul style="list-style-type: none"> <li>• NHS England</li> <li>• Royal College of Nursing</li> <li>• Royal College of Psychiatrists</li> <li>• Royal College of GPs</li> <li>• Royal Pharmaceutical Society</li> <li>• British Psychological Society</li> </ul>	<ul style="list-style-type: none"> <li>• British Association of Social Workers</li> <li>• Royal College of Speech and Language Therapists RCSLT</li> <li>• The Learning Disability Professional Senate – made up of 16 professional bodies and other organisations</li> <li>• Voluntary Organisations Disability Group (VODG)</li> </ul>
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## Useful links:

- Information on STOMP Programme - <https://www.england.nhs.uk/learning-disabilities/stomp/>
- Bury CCG Medicine Optimisation Team work on STOMP – [http://buryccg.solutions.co.uk/Library/Newsletters/CCG\\_Sep\\_Oct\\_17/152/CT319%20Bury%20STOMP%20FINAL.pdf](http://buryccg.solutions.co.uk/Library/Newsletters/CCG_Sep_Oct_17/152/CT319%20Bury%20STOMP%20FINAL.pdf)
- Key Therapeutic Topics NICE on STOMP - <https://www.nice.org.uk/Media/Default/About/what-we-do/NICE-advice/Key-therapeutic-topics/KTT-2017-compiled-document.pdf>
- The benefits of Stopping Andrew's psychotropic medication <https://www.england.nhs.uk/publication/helping-andrew-to-stop-taking-the-wrong-medicines-in-hertfordshire/>
- Getting Jo's medication right - a parent's story and the positive impact of STOMP <https://www.england.nhs.uk/learning-disabilities/caretransformed/getting-jos-medication-right-a-parents-story/>
- Jack's story about how STOMP helps children and young people <https://www.england.nhs.uk/learningdisabilities/wp-content/uploads/sites/34/2016/11/ld-case-study-jacks-story.pdf>
- Preparing to visit a doctor to talk about psychotropic medication- resource for support worker who is accompanying a person with a learning disability, autism or both to a GP consultation appointment to talk about psychotropic medication. <https://www.vodg.org.uk/publications/preparing-to-visit-a-doctor-to-talk-about-psychotropic-medication/>
- Transforming Care Partnership work on enhancing care treatment reviews (CTRs) to have an extra focus on medicines, physical health and making information accessible: <https://www.england.nhs.uk/learning-disabilities/caretransformed/focus-on-medicines-physical-health-and-communication/>

## Further Resources:

- <https://www.england.nhs.uk/learning-disabilities/improving-health/stomp/>
- <https://www.slideshare.net/NHSEngland/stomp-one-year-on-presentation-july-2017>
- <https://www.england.nhs.uk/blog/we-need-to-stomp-on-over-medication/>
- <https://www.england.nhs.uk/2017/07/chief-nurse-backs-stomp-it-out-drugs-campaign/>



Northumberland

Newcastle Upon Tyne

North Tyneside

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North Cumbria

Stockton-on-Tees

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Darlington

Middlesbrough

Whitehaven

Redcar and Cleveland