

STOMP

Stopping the over medication of people with a learning disability, Autism or both.

A referral to ELDP for STOMP clinic should be considered with a case note entered on Mosaic for checking if someone is already known and having meds optimised. (Refer to the ELDP contact details in the useful links section of this document.)

- Stomp is an NHS project in England that aims to stop the number of incidences of people with learning disabilities being prescribed psychotropic medication to manage behaviour.
- This type of medication is used because it changes the way that the brain works and is considered an easy method of managing any behaviour that is seen as challenging.
- For some people this is the right course of action to take and with good management and regular medication reviews it can help them to manage their behaviours.
- However, many people are prescribed these drugs and they are not appropriate. They are also left on them without a proper medication review for a long time.
- The drugs can have side effects that require close monitoring. These can include weight gain, lethargy or feeling 'drugged up' and other physical effects.
- Behaviours can often be managed well with techniques including Positive Behaviour Support (PBS) and this should be promoted before pharmaceutical intervention is tried.
- The link to Oliver McGowan training below is linked to Stomp and is training that is in the process of being made mandatory for people working with those who have LD or /and Autism.
- It has come about after a strong campaign by Oliver's parents following his death at the age of 18 having been given anti-psychotic medication, despite both Oliver and his parents telling the doctor that he had reacted very badly to it in the past.

<https://www.hee.nhs.uk/our-work/learning-disability/oliver-mcgowan-mandatory-training-learning-disability-autism>

[STOMP Easy Read Leaflet](#)