

The introduction of a primary care STOMP service

County Durham CCG Medicines Optimisation Team



The STOMP campaign (1) (STopping Over-Medication in People with a learning disability, autism or both) was launched in 2016 by NHSE. The aim was to support the reduction of medication used for management of behaviour in these patients where possible.

Problem

A local audit identified a high number of patients with learning disabilities who were on psychotropic medications for management of behaviour but not under secondary care. GPs also raised concerns that they did not always feel confident to review these medications effectively.

Intervention

A specialist STOMP service was commissioned from the local mental health trust (TEWV) to work with GP practices to (1) conduct virtual reviews of all patients with learning disabilities who were prescribed psychotropic medication; and (2) conduct a face-to-face STOMP review in those patients on medication for challenging behaviour who were not being reviewed by secondary care.

Effects of change

Between April 2019-March 2020, 22 practices within CDCCG were visited and 1021 patients had received a virtual note review and findings were fed back to the GP practice. A further 125 face-to-face STOMP reviews were carried out for patients who were solely under primary care highlighting unaddressed issues in 80 cases, including safeguarding concerns and significant side effects. The STOMP service also provided

specialist education and support to practices. Feedback from GPs indicated that it was particularly valued as a link between primary and secondary care and, where appropriate, the care provider.

Conclusions

Commissioning of the STOMP service has identified a number of safety issues, safeguarding concerns and opportunities to improve care for this vulnerable patient group. It also showed that, in order to support patients to reduce their medication, longer term support and management is essential. The data collected has enabled the expansion of the STOMP team through the funding of another two permanent members of staff.



1. NHS England 2016. Stopping over medication of people with a learning disability, autism or both (STOMP). Available at <https://www.england.nhs.uk/learning-disabilities/improving-health/stomp/> (accessed 01/04/2021)