

'STOMP' and 'STAMP' – the role of health and social care staff in stopping the over medication of people with a learning disability and autistic people.

Easy Read Report

STOMP STAMP: The essential role of the health and care workforce



STOMP = Stopping Over Medication of People with a Learning Disability, Autism or Both

STAMP = Supporting Treatment and Appropriate Medication in Paediatrics

STAMP AND STOMP

This research was about ‘STOMP’ and ‘STAMP’.

‘STOMP’ and ‘STAMP’ are projects in England to **stop the over medication of people with a learning disability.**

To find out more about ‘STOMP’ and ‘STAMP’ please follow this link to an easy read document from NHS England

<https://www.england.nhs.uk/wp-content/uploads/2018/02/stomp-easy-read-leaflet.pdf>

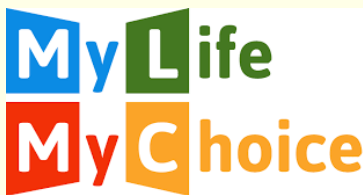

Health Education England

This research was funded by Health Education England (HEE).



The research was done in partnership between

- The National Development Team for Inclusion (NDTi)
- The Voluntary Organisations Disability Group (VODG)
- Learning Disability England, and
- Skills for Care



My Life, My Choice and a group of family carers were also involved in doing the research.



We did the research to find out:

- What barriers there are to health and social care workers using 'STOMP' and 'STAMP' in their work.
- How to overcome these barriers to make sure people with a learning disability are only on the medication they need.



What we did



We sent out a survey to people who work in health and social care.

We also sent it to family carers.



This survey asked:

- What people knew about 'STOMP' and 'STAMP'
- Where they had learnt about 'STOMP' and 'STAMP', and
- How they used 'STOMP' and 'STAMP'



We also talked with health and social care staff about 'STOMP' and 'STAMP'.

These conversations helped us understand more about what staff knew about 'STOMP' and 'STAMP' and how they used it.



We made sure we spoke to people who **prescribe medication** and those who don't.



People who **prescribe medication** are:

- Doctors (including GPs and Consultants)
- Psychiatrists



Some examples of people who don't prescribe medication are:

- Nurses
- Physiotherapists
- Speech and language therapists
- Social care staff



The survey was filled in by

- 181 health staff
- 138 social care staff
- 21 family carers

We also had

- 1-to-1 conversations with seven different professionals, and
- 2 focus groups

What we found out



People who need to know about 'STAMP' and 'STOMP' don't know about it



People who work in health and social care often misunderstand what 'STAMP' and 'STOMP' are.



People who don't prescribe medication and family carers don't think 'STAMP' and 'STOMP' are for them.



Not many people had done training about 'STAMP' and 'STOMP'.

Those who had done training felt more confident in using 'STAMP' and 'STOMP' than those who hadn't had training.



“STAMP’ and ‘STOMP’ should be part of everyone’s Annual Health Check.



Health and social care staff should work together to make sure people aren’t being given too much medication.



Pharmacy

Pharmacists know about ‘STAMP’ and ‘STOMP’ but could play a bigger role in making sure it is used.



A ‘STAMP’ and ‘STOMP’ champion is needed in the health and social care workforce.

Recommendations



That everyone who works with people with a learning disability and/or autistic people should be trained in 'STAMP' and 'STOMP'



Training and information on 'STAMP' and 'STOMP' should be easily available to all family carers.

STAMP AND STOMP

There should be a push to make more people aware of 'STAMP' and 'STOMP' nationally.



Medication reviews should be made an important part of Annual Health Checks



Pharmacists should be able to use their knowledge and skills to make sure 'STAMP' and 'STOMP' are being used.



Learning Disability Nurses should be able to use their position, knowledge and skills to champion 'STAMP' and 'STOMP' with health and social care staff and families.



There needs to be more research to understand what the alternatives to medication are for people with a learning disability, autistic people or both.

