

# Stakeholder communication toolkit: Stopping the over-medication of people with a learning disability and autistic people elearning

## Overview

STOMP stands for stopping over medication of people with a learning disability and autistic people with psychotropic medicines. [STOMP is a national project](#) involving many different organisations which are helping to stop the overuse of these medicines.

STOMP is about helping people to stay well and have a good quality of life. Psychotropic medicines affect how the brain works and include medicines for psychosis, depression, anxiety, sleep problems and epilepsy. Sometimes they are also given to people because their behaviour is seen as challenging.

People with a learning disability and autistic people are more likely to be given these medicines than other people. These medicines are right for some people. They can help people stay safe and well. Sometimes there are other ways of helping people so they need less medicine or none at all. It is not safe to change the dose of these medicines or stop taking them without help from a doctor.

To ensure people with a learning disability and autistic people are not taking psychotropic medicines when they do not need to, a collection of [new sessions on stopping the overmedication of people with a learning disability and autistic people \(STOMP\)](#) has been added to the MindEd.

Developed by MindEd with Experts by Experience, Health Education England, NHS England and NHS Improvement, the STOMP programme features 5 knowledge-based elearning sessions and 1 skill building case study which cover the following topics:

- Inappropriate Prescribing
- Psychotropic Medication 1
- Psychotropic Medication 2 (this session is specifically aimed at a specialist audience, primarily psychiatrists, psychologists, GPs, pharmacists and mental health and learning disability nurses)
- Psychotropic Medication 3
- How to Challenge Inappropriate Medication 1
- How to Challenge Inappropriate Medication 2 (case study)

The sessions explain the meaning of STOMP and highlight the adverse side effects of psychotropic medicines. They also discuss opportunities for learners to speak up if they feel someone in their care is receiving inappropriate medication and learners will understand how to access reliable information about medicines.

Each session takes approximately 30 minutes to complete. Further STOMP sessions will be available during 2022/23.

## Who is this learning for?

This learning will be beneficial for:

- health and care professionals working in health and social care supporting people with a learning disability and autistic people
- specialist learning disability and autism health and care professionals incl. psychiatrists, psychologists, GPs, pharmacists, and mental health and learning disability nurses
- carers and family members of people with a learning disability and autistic people

## Assets

### PowerPoint slide with QR code:

- [Generic Ppt. - Stopping the overmedication of people with a learning disability and autistic people \(STOMP\) elearning.pptx](#)

### Social media cards:

- [STOMP and STAMP.png](#)
- [We Support STOMP](#)

### Social media copy

#### Twitter


#### Tweet 1

@NHS\_HealthEdEng elearning helping health & care professionals care for people with a learning disability & autistic people. It aims to:

- ✓ explain meaning of #StompStamp
- ✓ discuss opportunities to speak up about meds
- ✓ access reliable information

 <https://tinyurl.com/STOMPMindEd>

#### Tweet 2

New online learning available 

With experts by experience, @NHS\_HealthEdEng @NHSEngland & @MindEdUK, have launched new learning to stop the overmedication of people with a learning disability and autistic people (STOMP).



<https://tinyurl.com/STOMPMindEd>

@nhsability #StompStamp

### Tweet 3

Have you completed the new co-produced online learning sessions to stop the over-medication of people with a learning disability and autistic people (STOMP)? You can now access on [@MindEdUK](#)

<https://tinyurl.com/STOMPMindEd>

@nhsability @NHSEngland @NHS\_HealthEdEng

#StompStamp

### Short copy

#### **New online learning: stopping the over-medication of people with a learning disability and autistic people (STOMP)**

Health Education England, NHS England and NHS Improvement, Experts by Experience and MindEd have launched a collection of new co-produced [stopping the over-medication of people with a learning disability and autistic people \(STOMP\) elearning](#).

The elearning sessions, available for health and care professionals, carers and family members, explain the meaning of STOMP, discuss opportunities to speak up if they feel someone in their care is receiving inappropriate medication and highlight how they can access reliable information about medicines.

Each of the 6 sessions can be completed at the learner's own pace and takes approximately 30 minutes. For more information and to access the sessions, visit the [MindEd programme webpage](#).

Ends – 108 words

### Long Copy

#### **New online learning sessions about the overmedication of people with a learning disability and autistic people (STOMP)**

A collection of new co-produced has been added to the MindEd mental health elearning programme.

Developed by Health Education England in collaboration and partnership with Experts by Experience, MindEd and NHS England and NHS Improvement's Learning Disability and Autism, STOMP team, it features 5 knowledge-based elearning sessions and 1 skill building case study which cover the following topics aimed at:

**For all incl. carers and family members**

- Psychotropic Medication 1
- Inappropriate Prescribing

**Health and care professionals**

- Inappropriate Prescribing
- How to Challenge Inappropriate Medication 1
- How to Challenge Inappropriate Medication 2
- Psychotropic Medication 3

**Specialist Learning Disability and Autism professionals incl. psychiatrists, psychologists, GPs, pharmacists, and mental health and learning disability nurses**

- Psychotropic Medication 2

The sessions explain the meaning of STOMP and discuss opportunities for learners to speak up if they feel someone in their care is receiving inappropriate medication. Learners will understand how to access reliable information about medicines.

Each session takes approximately 30 minutes to complete and can be completed at the learner's own pace. For more information and to access the sessions, visit the [MindEd programme webpage](#).

ENDS – 180 words

**Contact**

If you have any questions or would like to find out more, please email [learning.disability@hee.nhs.uk](mailto:learning.disability@hee.nhs.uk).