



**Almost 1 in 5 people with a learning disability, autism or both are on antipsychotic medication compared to 1 in 100 people without a learning disability.<sup>1</sup>**

According to Public Health England every day approximately 30,000-35,000 adults with a learning disability are being given psychotropic medicines despite not having a diagnosed mental health condition. This is often to manage behaviour which is seen as challenging and includes medicines normally used to treat psychosis, depression, anxiety, sleep disorders and epilepsy. Unnecessary use of these drugs puts people at risk of significant weight gain, organ failure and even premature death.

**STOMP is a national project involving many different organisations which are helping to stop the over use of these medicines**

NHSE are currently working to implement a pilot study which will review the use of antipsychotics in patients with a learning disability across Healthier Lancashire and South Cumbria. It is proposed that Lancashire and South Cumbria learns from studies already undertaken to progress STOMP and review a cohort of **100 Adults** with Learning Disabilities and Autism aged 18 years and above, **across the 8 CCG areas with participation from at least 1 practice per CCG**. Expected outcomes from the STOMP pilot study are evidence of...

- anti-psychotic medicine reduction plans being recorded for the population included in the study
- alternative approaches to use of anti-psychotic medications being proposed
- annual health checks having been checked and prompted

Anyone over the age of 14 with a learning disability can have an annual health check. Created by the Royal College of General Practitioners the [health checks for people with learning disabilities toolkit](#) is aimed at helping GPs and practice nurses carry out the health check to a high standard and ensure that people with a learning disability get timely access to the healthcare they need in the right place, at the right time.

For those looking for more information the STOMP [professional resources](#) page links to individual STOMP resources for GPs, psychiatrists, psychologists, pharmacists, nurses and others.

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To contact the Medicines Optimisation Team please phone 01772 214302

**Prescribing tip for information only**