

STOMP

Pledge for Social Care

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

Supported by NHS England



STOMP Self-Assessment and Action Planning Tool

Introduction

This self-assessment tool mirrors that used by the learning disability health charter for social care providers. It will help you measure progress and develop an action plan for improvement.

Using the Tool

The tool is based on the STOMP pledge. Please use the supporting guidance to assist you in completing the tool. To demonstrate progress in each area, your organisation is encouraged to assess itself. The guidance contains some 'things to think about' at an organisational and a local level for each pledge commitment and some ideas for steps you might take. These pointers are given to stimulate discussion, help you to look at your current situation and plan for the future. The tool provides space for you to include the evidence used to support your score.

Scoring

In scoring the organisation you are more likely to reach helpful and practical conclusions if you:

- Talk as a team about how you are doing and be honest
- Talk to staff, the people you support and their families
- Base your score on evidence
- Think about what you need to do next so that the people you support are less likely to experience over-medication

Score	Basis of scoring each area
3	We always do this
2	We sometimes do this
1	We rarely/never do this

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Organisation..... Completed by..... Date.....

		Score 1,2 or 3	What evidence do you have for this score?	What actions do you need to take to maintain or improve your score and by when?
1	We actively promote alternatives to medication such as active support, intensive interaction or positive behaviour support.			
2	We ensure the people we support, and their circle of support, are involved in decisions about their care, including their medication.			

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		Score 1,2 or 3	What evidence do you have for this score?	What actions do you need to take to maintain or improve your score and by when?
3	We ensure all staff have an understanding of psychotropic medication, including its main uses and side effects.			
4	We encourage staff to speak up if they have a concern that a person we support may be over-medicated.			

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		Score 1,2 or 3	What evidence do you have for this score?	What actions do you need to take to maintain or improve your score and by when?
5	We maintain accurate records about the health, wellbeing and behaviour of the people we support.			
6	We support people to have regular reviews of their medication.			

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		Score 1,2 or 3	What evidence do you have for this score?	What actions do you need to take to maintain or improve your score and by when?
7	We monitor the use of psychotropic medication.			
8	We work with people with a learning disability, autism or both, their families, health professionals, commissioners and others to stop over-medication. This includes working closely with prescribers.			

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2906233 April 2017

Produced by Williams Lea Tag for NHS England