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| Practice Based Audit: Stopping overprescribing of medicines in people with learning disabilities, autism or both |

**Background information and aims**

It is estimated that every day about 35,000 people with learning disabilities or autism across England are prescribed psychotropic medicines when they do not have a diagnosed mental health condition, often to manage behaviour which is seen as challenging. This includes medicines used to treat psychosis, depression, anxiety and sleep disorders. It also includes epilepsy medication when it is only used for its calming effect, rather than to treat epilepsy**.**

NHS England led a ‘call to action’ which brought together representatives of professional and patients groups to make sure changes were made to these inappropriate practices. This led to a pledge to reduce over medication and the start of the STOMP (stopping overprescribing of medicines) project about stopping the over use of psychotropic medicines.

**What are the aims of this exercise?**

Please use the data collection sheet for STOMP audit to achieve two key aims:

1. To obtain the number of people with learning disabilities, autism or both prescribed a psychotropic drug for challenging behaviour who are currently under the care of their GP (not currently under the care the Consultant Psychiatrist). They will be referred to in this document as “the audit population”
2. To identify people where it might be appropriate to reduce or discontinue psychotropic drugs and encourage GPs to act on it.

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| **Audit criteria** *(It is anticipated that a re-audit will show a reduction over time)* | **Calculating % standard from Data collection sheet:** |
| 1. The records show that the audit population had their psychotropic drugs reviewed in the last 6 months (100%)
 | (9a/8)\*100 |
| 1. The records show that where the audit population have had their psychotropic(s) reviewed and a decision was made to continue, there is a clear strategy documented on their records for further reviews and reducing/stopping when appropriate (100%)
 | (9b/8)\*100 |

The tool has been piloted in 2 GP practices to test the practicalities of undertaking the exercise within the time constraints of a busy GP practice.

Where this tool was piloted, the search did not identify anyone under 18 suitable for inclusion in this audit. In the unlikely event that that the search will identify anyone under 18 in your practice, please highlight and bring to the attention of your prescribing advisor.

Attached you can find a “**One page info on STOMP audit for GPs”** presenting the proposed work around stopping overprescribing of medication in people with learning disabilities, autism or both. Please print out and share with clinicians.

**Method:**

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| **Step One: Identify people with learning disabilities, autism or both** |

* **Search 1:** Identify all people who have learning disabilities, autism or both by using the imported search made available by the Medicines Optimisation team.
* Please compare the results to the practice LD (learning disability) register and use this opportunity to highlight any patients identified by this search that are currently not on the LD register. Discuss with the relevant practice staff the opportunity to update the practice’s LD register.

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| **Step Two: Identify people with learning disabilities, autism or both who have been prescribed a psychotropic drug** |

* **Search 2:** Identify those currently prescribed psychotropic drugs (separate searches for antipsychotics, antidepressants, anxiolytics and hypnotics, mood stabilizers) – please follow the **“How to do the searches”** guidancewhich describes howto import the searches made available by the medicines optimisation team.

Please highlight any patients identified by more than one search and add a note to say which other, as in the example on the “**Data collection sheet”**

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| **Step Three – Gather the audit information**  |

* Using the questions and prompts on the data collection sheet, systematically go through each patient’s records to gather the information required for the audit and document on the Data collection sheet
* Do not continue audit for people where it is identified at question 7 that the psychotropic drug is used for a confirmed psychiatric diagnosis or epilepsy, as they should be excluded from the audit.
* Do not continue audit for people where they are identified at question 8 as being under the care of the Consultant Psychiatrist, as they should be excluded from the audit
* Do not continue audit for people where it is identified at question 9a and 9b that they had their psychotropic medicines reviewed in the last 6 months and a clear reduction/stopping plan or a documented reason to continue is recorded in the patients’ notes. Please discuss with your prescribing advisor if answer to question 9a is Yes, but cannot answer question 9b
* When you have finished, record the total numbers as required on the “**Submission Form”**

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| **Step Four – Carry out post audit actions**  |

* Identify for further review, those patients where there could be a possibility to reduce or stop psychotropic drugs used for challenging behaviours and pass on the list to your Prescribing Advisor
* Your Prescribing Advisor will discuss each case with the GP to establish if review of psychotropic drugs could be done by the patient’s GP (particularly where the treatment was started by the GP) or if there is a need for referral to the Consultant Psychiatrist for Adults with a Learning Disability (where the medicines was initiated in secondary care and patient has been discharged). Please note this will apply to people who are 16 or over.

Where a referral is appropriate, please clearly state the reason for referral: review of psychotropic medication. Please mark any such referrals as non-urgent.

* Record the number of patients that had their psychotropic medicines reviewed on the “**Submission form**”
* Make any other comments you feel may be useful to share about challenges or successes on the “**Submission Form**”.