

## Walsingham Support STOMP organisational case study

### Context

Walsingham Support is a charity supporting people with learning disabilities, autism and brain injuries in England and Wales. The charity prides itself on putting the individuals it supports at the centre of everything that it does, delivering truly person-centred support solutions that provide independence and happiness.

Walsingham Support introduced the STOMP (STopping Over-Medication of People with a learning disability, autism or both) campaign at their 2017 annual involvement conference. The conference is all about ensuring the people they support have a voice which informs the direction of the charity. Delegates made it clear that they wanted Walsingham Support to sign up to and implement the STOMP pledge. As a result, tackling over-medication has become an operational priority.

### Action

Through its work on STOMP, the organisation aims to ensure that every person they support is only taking the medication that is right for them. To achieve this, Walsingham Support is taking steps to:

- Equip staff to recognise the signs of over-medication.
- Give staff confidence to have important conversations with prescribers, and others, about over-medication.
- Ensure that everyone who is taking psychotropic medication receives multi-disciplinary reviews in accordance with NICE guidance.
- Provide information about alternatives to psychotropic medication to people receiving support, their family members and staff.

They have a STOMP working group which has developed an action plan incorporating all these steps. The group ensures that the organisation maintains focus and delivers on its plan.

In order to establish baseline data, the group undertook an organisation-wide audit of the use of psychotropic medication. Using this information, operational teams have begun working with individuals to ensure that staff are well-informed about the medication people are taking, that individuals receive their medication reviews and, where possible, that medication reduction programmes are being introduced. A key learning point has been the need to understand the frequency with which people take

psychotropic medication (i.e. long-term/short-term, regular/infrequent) and this has now been incorporated into the audit.

Walsingham Support is also undertaking a review of all policies, planning tools and staff training relevant to STOMP, including staff induction, support planning, medication, positive behaviour support and safeguarding.

## **Engagement**

Coproduction has been at the heart of Walsingham Support's approach to STOMP from the outset. This began at the 2017 involvement conference and has continued through all the organisation's STOMP activity. The conference workshop on STOMP has been made into a short film so that it can be accessed by people supported by the organisation who were not present.

The organisation has three regional involvement groups (soon to become five) that meet monthly. All three groups have contributed to the STOMP action plan and have ratified the final version. STOMP is discussed at most involvement group meetings which makes the organisation accountable to the people it supports for delivery on the plan.

The groups are also coproducing accessible communications. One group has developed easy-read posters about the STOMP campaign and the work Walsingham Support is doing. Another group is working on a drama about what good and bad support related to psychotropic medication looks like; this will be performed at the 2018 involvement conference.

## **Measuring Outcomes**

Walsingham Support will be repeating its audit of the use of psychotropic medication in April 2019 in order to measure progress.

## **Top Tips**

- Listen to what the people you support are saying, especially those who are taking psychotropic medication.
- Enable the people you support to be as involved as possible in the development and delivery of your STOMP programme.
- Listen to staff, families and carers and raise their awareness of what to look out for.
- Don't rush it; aim for a long-term embedded commitment to ensuring that people are only taking the medication that is right for them.

**Contact**

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