Supporting Patients with a Learning Disability and their Carers

1. Optimising Alexander’s medicines
2. Learning disability & medicines in hospital: The Chelsea & Westminster approach

Barry Jubraj
Dad & carer, NIHR CLAHRC NW London
King’s College London
Alexander!
Some reading

• **A Carer’s Perspective on Medicines Optimisation:**

• **Why we should understand the patient experience: clinical empathy and medicines optimisation:**
  – International Journal of Pharmacy Practice 2016; doi 10.1111/ijpp.12268 [Published online 21 April 2016]

• **Pharmacy consultations with patients with learning disabilities**
  – The Pharmaceutical Journal 2016; 296: 43

• Coming soon – CPPE package
Optimising Alexander’s medicines

A true story, inspired by poor experiences:
https://player.vimeo.com/video/150664602

TASK:
With your neighbour, please reflect on the following:

• What did it take for me to open up to Nina?
• How can we make Nina’s approach more widespread amongst pharmacists?
Optimising Alexander’s medicines

Debrief between carer and pharmacist:
https://player.vimeo.com/video/150664603

TASK:
With your neighbour, please reflect on the following:

• What struck you most about our conversation?
Learning disability & medicines in hospital: The Chelsea & Westminster approach

1. What we did and why
2. Purpose of our leaflet
3. How we did it – our student Ibby
4. ‘My Medication Passport’ (MMP) & Down’s Syndrome Association leaflet
5. Evaluation
6. Aspirations
Rudimentary evaluation of our leaflet and MMP

Early days - so initially assessed the views of adolescent patients with higher level LD & carers on the C&W Meds Info leaflet and views on MMP

• ‘Full of Life’ charity – questionnaire, n = 17
• 100% found it useful. 70% - understanding of medicines improved. Suggestions around format rather than content
• Limitations and aspirations
Summary

• We couldn’t find a generic leaflet out there – plenty on mental health medicines
• Aim: to improve our care in hospital for those with LD and their carers, bringing in MMP as two synergistic resources
• Complements the DSA leaflet about ‘Going to the Chemist’
• Our hopes: empower users, promotes a dialogue, makes clinicians more conscious of us – ’flagging’