MEDICINES USE AND SAFETY WEBINAR

Welcome to the MUS Webinar on **Issues for patients with a learning disability and their parents/carers**: *Top tips on how pharmacy teams from all sectors can provide medicines optimisation support* with Barry Jubraj and Danielle Adams

- The webinar itself will start at 1pm – shortly before 1pm Jane Hough will be doing sound checks – bear with her if you hear this more than once!
- To join the audio call 0203 478 5289 access code 956 229 525
- The webinar will be recorded and both recording and slide set will be available on the SPS website – under **Networks** (it takes a couple of days for the recording to be available – and you need to be logged onto the SPS site to access it)
- If you want to make a comment or ask a question of Barry, Danielle or David Branford – please use the “chat” function (you need to choose to direct your question to “All Participants” from the drop down box)
- Barry, Danielle and Dave will answer questions at the end of the presentation
Upcoming MUS Events

No webinar in August!

13\textsuperscript{th} September & 11\textsuperscript{th} October -  MUS Webinars at 1pm on Health & Justice MO and Medicines Adherence Update

31\textsuperscript{st} October – MUS Network event – Rising to the WHO’s “Medication without Harm” Challenge (high risk situations, polypharmacy & transfer of care) – NVCO, London

Medicines Use and Safety Update July 2017 - [link](#)

Contact [LNWH-tr.MUS-SpecialistPharmacyServices@nhs.net](mailto:LNWH-tr.MUS-SpecialistPharmacyServices@nhs.net) to join networks and receive mailings
Issues for patients with a learning disability and their parents/carers:

Top tips on how pharmacy teams from all sectors can provide medicines optimisation support

Danielle Adams, Principal Clinical Pharmacist Mental Health

Hertfordshire Partnership University NHS Foundation Trust.

Barry Jubraj, Clinical Senior Lecturer, King’s College London.

Both parents of young people with a learning disability

For SPS Medicines Use and Safety Team Webinar: 12th July 2017
Why this webinar? LD and caring in the spotlight

- CPPE learning disabilities package: launch events and publicity:
  - Winterbourne View
  - STOMP
  - Equality act
  - Caring
Topics and format

• We are happy to answer questions about being parents – nothing is off-limits so please ask using the chat facility

• We have a number of themes to cover – each will be brief

• We want to raise issues for you to think about and then signpost you as much as possible

• By the end of this webinar, we hope you’ll have some ideas on how pharmacy teams can support parents/carers and patients with a learning disability, wherever you work
Topics – quick fire

• Formulations of medicines (Danielle)
• Consultation skills (Barry)
• STOMP (Danielle)
• CPPE Facebook event feedback (Barry)
• Epilepsy (Danielle)
• Community pharmacy network event feedback (Barry)
• Dementia/young onset dementia (Danielle)
• Some experiences from a parent-carer (Barry)
• Resources (Barry & Danielle)
Who we are, and the challenge of terminology

- We are both parents of young people with LD, Bradley and Alexander
- But our roles differ
- The term ‘carer’ can mean different things – know who you are dealing with
- ‘Support workers’
- LD is on a spectrum
- Not everyone with LD has a carer or support
Topics

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Formulations of medicines

• If adherence is an issue discuss alternative dose forms
• Remember the obvious: will someone with LD, or a carer, know what to do?
• People on the autistic spectrum
  • May be more sensitive to changes in textures of medicines
  • May be less willing to take medicines that look different so discuss any changes
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Consultation skills

• *Pharmacy consultations with patients with learning disabilities*
  
  • The Pharmaceutical Journal 2016; 296: 43
  
  • CPPE consultation skills package

• *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]

• Key messages: acknowledge the person with LD. Know the spectrum, tailor communication. Smile, introduce yourself. What does empathy look like?
Consultation skills

- People on the autistic spectrum can experience sensory overload - can affect all senses

- So ideally consultations may need to be away from noise but also strong smells can reduce concentration
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• Stopping the over prescribing of medicines in people with learning disability, autism or both

• Evidence shows:
  • Psychotropic medicines are being prescribed long term
  • Without adequate review or monitoring
  • In people with learning disability who do not have a documented diagnosis of a mental illness

• No time to unpack this now but this is something we all need to start thinking about

https://www.england.nhs.uk/learning-disabilities
STOMP

• Think about the clinical process of reducing / withdrawing psychotropic medicines:

  • *Prescribing of psychotropic medicines: the role of learning disability nurses:*
    • Learning Disability Practice 2016;19,8:21-25

  • *Reducing antipsychotic prescribing in people with learning disabilities:*
    Clinical Pharmacist, Vol 8, No 10, online | DOI: 10.1211/CP.2016.20201751
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CPPE Facebook event feedback

• See the promotional videos/Barry’s future project?
• Your experiences to date about how pharmacists support people with LD?
• What would you suggest to community pharmacy that they could do differently tomorrow (which could apply to the whole team)?
• As well as reviewing medicines for challenging behaviour, what other roles do you think hospital pharmacy can take in supporting people with LD?
• What advice would you give to pharmacists working in a care home setting, residential care setting or within general practice?
CPPE Facebook event feedback

• Should every pharmacy, be it community or hospital, have templates/charts that help explain medicines? Anything specific, or similar to charts/support you would offer to any other patient?
• Where can pharmacy find tools/resources, especially if patient is non-verbal?
• What advice would you give to leaders in their team to help everyone (e.g. assistants of all types, GP receptionists) offer more support/better care?
• Is it getting easier these days to gain access to good services for Alexander, or is it still as difficult as it was over the last couple of years?
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Epilepsy

- Higher prevalence in people with learning disability
- Think about falls and fracture risks from anti epileptic meds plus other medicines:
- Adverse effects e.g. dizziness and sedation
- Does prescribing need to be brand specific?
Epilepsy

• Women and epilepsy (women with a learning disability can get pregnant)

• Don’t forget your clinical pharmacy skills!
  • e.g. Kinetics: carbamazepine is an enzyme inducer and induces its own metabolism
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- Resources (Barry & Danielle)
Community pharmacy network event feedback

- Did a talk to community pharmacists about being a parent-carer of someone with LD
- Shocked when I said I took citalopram
- Thought they would be prying if they asked questions
- Worried about what they may be asked – suppose they don’t know the answer
- My responses…….
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- **Dementia/young onset dementia (Danielle)**
- Some experiences from a parent-carer (Barry)
- Resources (Barry & Danielle)
Dementia/young onset dementia

- Incidence of dementia is rising in people with LD
- Earlier onset common in people with Downs Syndrome
- Pharmacological management of dementia in a person with LD is the same as in someone without LD

- Think about:
  - Deprescribing
  - Suitability and managing expectations around using anti- dementia medicines
  - Anticholinergic burden of medicines
  - Falls and fracture risks
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Some experiences from a parent-carer

- A Carer’s Perspective on Medicines Optimisation (see embedded videos):
  - Interview with me as a carer (25 minutes)
    - [https://vimeo.com/192330461](https://vimeo.com/192330461)
  - Key messages: Tiredness, stressful, empathy, having a voice, value our children
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Resources (1)

• We’ve signposted you to a number of resources throughout
• CPPE have also put out a call for resources which have been collated here:

  www.cppe.ac.uk/ldhub

• One to highlight:
Resources (2)

• If you have access to the Choice and Medication website take a look at the new very easy read material (VERAs)

• Public Health England have just published their report regarding reasonable adjustments in learning disability including one specific report for pharmacy:

Resources (3)

• When using easy read resources check for date of publication and author as quality is variable
Sum up and questions
Poll Question Number 1

Overall I found the webinar content useful to me:

- Agree strongly
- Agree
- Disagree
- Disagree strongly
Poll Question Number 2

I would recommend this learning event to others:

• Agree strongly
• Agree
• Disagree
• Disagree strongly
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