Publications

Peer-Reviewed Journal Articles

Medicines Optimisation in People with Intellectual Disability

1. Tromans SJ, Deb S, Mahmood H, Triantafyllopoulou P, Jamieson T, Gookey G, Bassett P, Malak Z, Sawhney I, Korb L, Adams D, Sheehan R, Shankar R. Psychiatrists and non-psychiatrists' attitudes to psychotropic optimisation for people with intellectual disabilities and/or autism: cross-sectional comparison study. BJPsych Open. 2025 Oct 23;11(6):e249. https://doi.org/10.1192/bjo.2025.10875

2. Ghosh I, Adams D, Auguste P, Brown A, Chaplin E et al. Supporting Medication use In people with a LEarning disability (SMILE). Challenges of using and managing medication: a meta-ethnography of the experiences and perceptions of people with intellectual disability and people who support them. BMJ Open. 2025 Sep 18;15(9):e090876. https://doi.org/10.1136/bmjopen-2024-090876

3. Adams D, Hastings RP, Maidment I, Langdon PE. Factors supporting optimisation of psychotropic deprescribing in people with intellectual disabilities within the UK: a modified Delphi study. Front Psychiatry. 2025;16:1652988. https://doi.org/10.3389/fpsyt.2025.1652988

4. Adams D, Hastings RP, Maidment I, Hewitt O, Langdon PE. Pharmacists' perspectives on deprescribing psychotropic medicines in people with intellectual disabilities. J Ment Health Res Intellect Disabil. 2025; https://doi.org/10.1080/19315864.2025.2521323

5. Mahmood H, Adams D. Psychotropic deprescribing in ethnic minority individuals with a learning disability requires a more nuanced approach. Pharm J. 2025;314(7993). https://doi.org/10.1211/PJ.2025.1.343815

6. Adams D, Hastings RP, Maidment I, Shah C, Langdon PE. Stakeholder experiences of deprescribing psychotropic medicines for challenging behaviour in people with intellectual disabilities. Tizard Learn Disabil Rev. 2024;29(2):99–106. https://doi.org/10.1108/TLDR-09-2023-0020

7. Adams D, Hastings RP, Maidment I, Shah C, Langdon PE. Deprescribing psychotropic medicines for behaviours that challenge in people with intellectual disabilities: a systematic review. BMC Psychiatry. 2023;23(1):202. https://doi.org/10.1186/s12888-022-04479-w

8. Adams D, Jubraj B. Prescribing for people with a learning disability. Prescriber. 2023 Aug;34(8-9):23-7. https://doi.org/10.1002/psb.2087

9. Da Costa E, Adams D, Salmeh M, Yetkili E, Mahmoud O. Using clinical audit to improve the quality of mental healthcare services for people with learning disabilities. Adv Ment Health Intellect Disabil. 2021;15(4):105–118. https://doi.org/10.1108/AMHID-03-2020-0006

10. Sawhney I, Adams D. Deprescribing of psychotropic medication in a 30-year-old man with learning disability. Eur J Hosp Pharm. 2017;24(1):63. https://doi.org/10.1136/ejhpharm-2016-001051

11. Adams D, Shah C. Prescribing of psychotropic medicines: the role of learning disability nurses. Learn Disabil Pract. 2016;19(8):21–25. https://doi.org/10.7748/ldp.2016.e1763

12. Adams D, Shah C. Reducing antipsychotic prescribing in people with learning disabilities. Clin Pharm. 2016;8(10). https://doi.org/10.1211/PJ.2016.20201751

Valproate Prescribing and STOMP

13. Sawhney I, Zia A, Adams D, Gates B. Use of valproate: implications for women with learning disabilities and the wider interdisciplinary health care team. Br J Learn Disabil. 2019; https://doi.org/10.1111/bld.12274

14. Adams D, Sawhney I. Prescribing and deprescribing sodium valproate: implications for pharmacy practice. Pharm J. 2018;10(11). https://doi.org/10.1211/PJ.2018.20205542

Bone Health and Epilepsy

15. Sawhney I, Adams D, Zia A. Bone health and people with a learning disability who are prescribed epilepsy medication. Learn Disabil Pract. 2017;20(5):23–27. https://doi.org/10.7748/ldp.2017.e1844

Informed Consent

16. Adams D, Carr C, Marsden D, Senior K. An update on informed consent and the effect on the clinical practice of those working with people with a learning disability. Learn Disabil Pract. 2018; https://doi.org/10.7748/ldp.2018.e1855

17. Adams D, Carr C. The implications of the Montgomery judgment on pharmacy practice and patients with learning disability. Clin Pharm. 2017; https://doi.org/10.1211/PJ.2017.20203788

Psychotropic Medicines in Dementia

18. Shora S, Adams D. An interesting case of deprescribing in a woman with dementia who regained her ability to play the piano following withdrawal of psychotropic medicines. Eur J Hosp Pharm. 2017;24(1):69. https://doi.org/10.1136/ejhpharm-2016-001072

Health Literacy

19. Smith M, Adams D, Carr C, Mengoni S. Do people with intellectual disabilities understand their prescription medication? A scoping review. J Appl Res Intellect Disabil. 2019; https://doi.org/10.1111/jar.12643

Autism

20. Adams D, Tharian R. Autism: identification, management and support. Pharm J. 2023;310(7971). https://doi.org/10.1211/PJ.2023.1.178355

Menopause

21. Bontoft C, Sawhney I, Zia A, Adams D. 2026. “Disparities in Hormone Replacement Therapy Prescribing for Women With Intellectual Disabilities.” Journal of Applied Research in Intellectual Disabilities39, no. 2: e70192. https://doi.org/10.1111/jar.70192.

22. Adams D, Sawhney I, Shah C. Menopause as a factor in psychological, behavioural and cognitive changes in women with learning disabilities. Learn Disabil Pract. 2025; https://doi.org/10.7748/ldp.2025.e2280

Book Chapters & Guidelines

- Langdon P, Roberts K, Adams D, et al. (2024). *Aggression and self-injurious behaviour*. In *Frith Prescribing Guidelines for People with Intellectual Disability* (4th ed.). Cambridge University Press.
- Sudd D, Adams D, Shankar R, Troman S (2024). *Autism*. In *Frith Prescribing Guidelines for People with Intellectual Disability* (4th ed.). Cambridge University Press.
- Adams D, Jubraj B (2020). *Medication*. In *Promoting the Health and Well-Being of People with Learning Disabilities*. Springer Nature.

Other Publications & Contributions

- Lead author, Radiant online CPD Module on Menopause in Women with Intellectual Disability 2025 https://www.learnitonline.co.uk/radiant
- Co authored several NHS England e learning MindEd STOMP modules https://www.minded.org.uk/Catalogue/Index?HierarchyId=0_55618_55619&programmeId=55618
- Adams D, Jubraj B (2020). *Administering medicines to people with Down's Syndrome*. Down’s Syndrome Association Journal.
- Adams D (2020). *How Coronavirus could affect the wellbeing of people with intellectual disabilities*. The Conversation. https://doi.org/10.64628/AB.34cup5tg5
- Adams D (2019). *Polypharmacy and Deprescribing in people with learning disabilities*. Journal of Prescribing Practice. https://doi.org/10.12968/jprp.2019.1.6.296
- Adams D, Padmore J, Singh P (2019). *ADHD in adults and the role of the mental health nurse*. British Journal of Mental Health Nursing. https://doi.org/10.12968/bjmh.2019.8.1.22
- CPPE Learning Disabilities Distance Learning Programme (2016) – Co-authored foreword