

Helping Smokers Quit Award Winners

improving lives

Oxleas 

NHS Foundation Trust

Oxleas NHS Foundation Trust Forensic Directorate consists of 120 service users in eight medium and low secure inpatient wards across two sites in London and Kent. The service became smoke free in September 2013 following one year of intensive preparation with service users, colleagues and partnership working with both Bexley and Greenwich Stop Smoking Services. Over 100 service users and colleagues were trained in Level 1 or 2 smoking cessation in 2012/13 in preparation for our service to go smoke free and they became our 'smoking cessation champions'.

An audit was conducted and pre-ban 85% of our service users were smokers, two years on this has reduced significantly to less than 50%. Service users and colleagues were offered the opportunity to attend weekly onsite smoking cessation clinics where carbon monoxide monitoring and lung age testing was routinely offered as well as nicotine replacement therapy. Service users and staff were involved in devising the Smoke Free Policy and an award winning six month evening smoking cessation 'Fresh Air' group was delivered onsite.

The smoking status of all service users was recorded on the Trust electronic patient record system and monitored on a regular basis. Each ward was given a carbon monoxide monitor and Public Health England promotional material was readily available for service users to access onsite.

After the first year of the smoking ban the Forensic Directorate Smoke Free Policy was reviewed to allow care planned use of a branded electronic cigarette following feedback from service users as they felt this would assist them in their quit plan.

The Forensic Directorate has been focussing on achieving parity of esteem since 2013 with an emphasis on improving the physical health of service users:

- In 2013 we went Smoke Free
- In 2014 we launched the Wellbeing Strategy to tackle obesity
- In 2015 we commenced a 7 Day Therapies Programme
- In 2016 we launched the Food Strategy to further tackle obesity

Smoking cessation is included in our quality schedule as it is one of our CQUIN targets for 2016/17. To conclude our commissioners are aware of the achievements our service has made in becoming and remaining smoke free.

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Adding value to every clinical contact by treating tobacco dependence



London Clinical Senate

Barnet, Enfield and Haringey

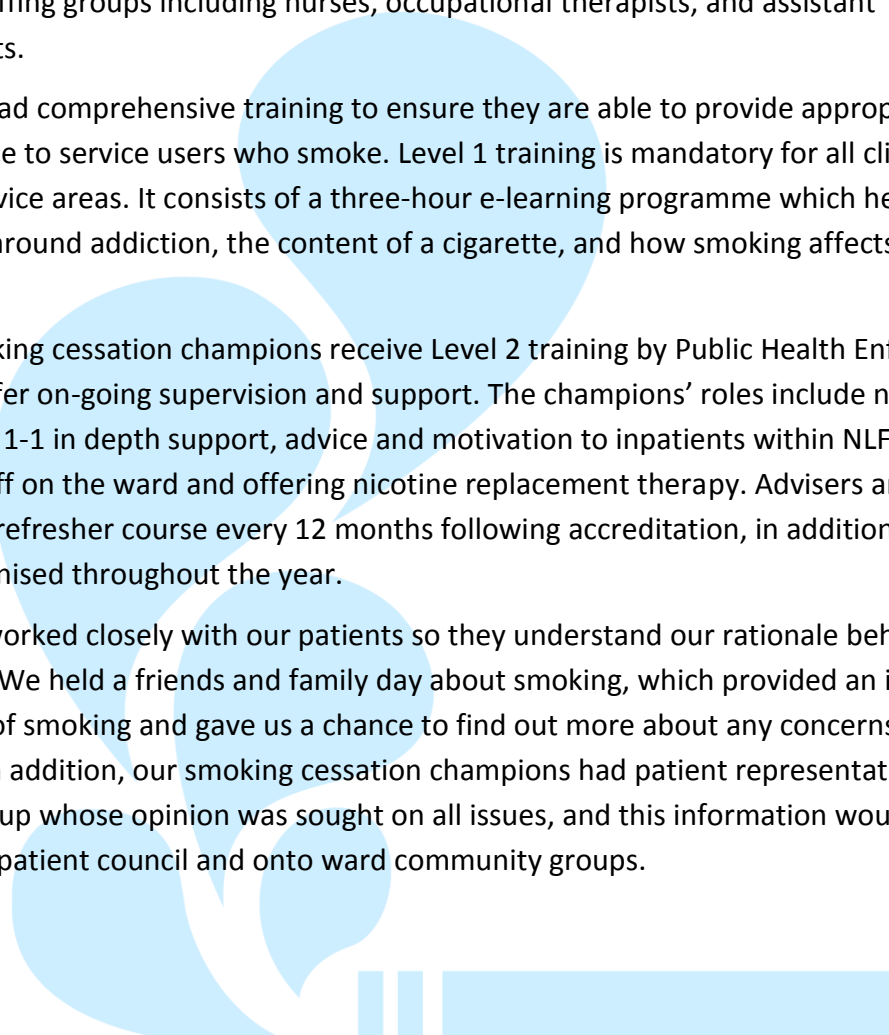
Mental Health NHS Trust

Barnet, Enfield and Haringey Mental Health NHS Trust runs the North London Forensic Service (NLFS) at Chase Farm Hospital. NLFS has been smokefree since 18 January 2016. There are 46 smoking cessation champions across the service, two per ward, from a wide range of staffing groups including nurses, occupational therapists, and assistant psychologists.

Staff have had comprehensive training to ensure they are able to provide appropriate advice and guidance to service users who smoke. Level 1 training is mandatory for all clinical staff in these service areas. It consists of a three-hour e-learning programme which helps to raise awareness around addiction, the content of a cigarette, and how smoking affects health and wellbeing.

All our smoking cessation champions receive Level 2 training by Public Health Enfield (PHE) who also offer on-going supervision and support. The champions' roles include non-medical prescribing, 1-1 in depth support, advice and motivation to inpatients within NLFS, as well as advising staff on the ward and offering nicotine replacement therapy. Advisers are required to attend a refresher course every 12 months following accreditation, in addition to other events organised throughout the year.

Staff have worked closely with our patients so they understand our rationale behind going smokefree. We held a friends and family day about smoking, which provided an insight into the effects of smoking and gave us a chance to find out more about any concerns they may have had. In addition, our smoking cessation champions had patient representatives on the working group whose opinion was sought on all issues, and this information would be fed back to the patient council and onto ward community groups.



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Institute of
Psychiatry
at The Maudsley



South London and Maudsley



NHS Foundation Trust

South London & Maudsley NHS Foundation Trusts (SLaM) Smoke Free Policy was launched on 1st October 2014, the second mental health trust to do so in England. The policy prohibits smoking in Trust premises, vehicles and grounds, alongside ensuring that tobacco dependence is recognised as an urgent clinical condition and smokers are provided with evidence based treatments.

SLaM's electronic patient record system has been amended to ensure that screening for smoking status is a mandatory part of the assessment for all patients. Brief advice is given to smokers about the benefits of quitting and specialist support offered. Tobacco Dependence Treatment Advisors have been employed on all four hospital sites, to support patients with temporary abstinence, cut down and quit attempts. This work is supported by around 200 staff who have been trained to level 2 with advanced clinical skills. Level 1 basic skills training is mandatory for all clinical staff. Trained staff monitor the carbon monoxide levels of smokers and personalised plans are formulated with the aim of ensuring compliance with the smoke free policy.

Smokers are offered a choice from the full range of Nicotine Replacement Therapy (NRT) products within 30 minutes of admission. E-cigarette users are supported to continue using their devices to ensure continued abstinence from smoking tobacco.

Patients who engage with the hospital based tobacco dependence treatment service are transferred to the local stop smoking service if they require ongoing support on discharge and a 2 week supply of stop smoking pharma therapy issued as required.

**Collaboration for
Leadership in Applied
Health Research and
Care South London
(CLAHRC South London)**

**Research that aims to
improve the physical
health of people who
have experienced the
symptoms of psychosis**

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Barking, Havering and
Redbridge University Hospitals
NHS Trust

Trust-Wide Smoking Cessation Committee has been meeting regularly for two years.

- Co-chairs: BTS Stop Smoking Champion + Associate Medical Director.
- Estates Directorate PA supports.
- Private sector, public health, LB Barking & Dagenham & North East London Foundation Trust attend + clinicians.

Smoke Free Policy ratified March 2015, being implemented. **Business case** follows.

NCSCCT's National Referral System installed on Trust's MEDWAY and **Very Brief Advice** training module (funded LBB&D) on E-learning database December 2015. Educational staff sessions. VBA being assessed for mandatory status.

Occupational Health & Wellbeing – level 2 trained advisors provide Stop Smoking sessions during working hours

BabyClear project – major project funded by Public Health England and LBB&D.

- All midwives/antenatal clinics have CO monitors. 90% trained.
- “Train the trainer” sessions for ongoing training
- CO readings at booking and 36 weeks. Opt-out referral for readings >4ppm.
- Improved levels of CO screening and referrals
- Planning second electronic NRS link on midwives' E3 database.

Pharmacists/technicians check smoking status. Remind medics (verbal/written notes) to give VBA, NRT & refer.

In-reach from local SSS weekdays - referred smokers seen before discharge.

Volunteers: building small team with IT skills to support SSS specialists.

Network of ward-based smoke free champions (HCAs, ward clerks, RNs) supported by SSS specialists.

Electronic Discharge Summary (EDS) being modified to include smoking status, VBA and SSS referral.

Communications/Signage:

- **Outside buildings:** Entry signs, banners, posters and A-frames
- **“Yellow Cards”** handed to people found smoking outside hospital
- **Inside buildings:** NCSCCT-style signage for visitors and patients.

Further information: Robert.fowler@nhs.net; Claire.homeyard@bhrhospitals.nhs.uk

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Royal Free London

NHS Foundation Trust

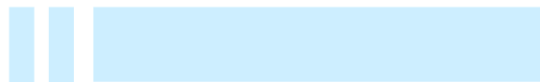
Smoking cessation is at the heart of our clinical strategy. We aim to promote the health and wellbeing of our patient and local population and believe that helping patients to stop smoking is an integral part of our healthcare delivery.

The directors of each of our four divisions have agreed the trust would not be credible clinically if we do not invest in smoking cessation and so the Trust executive has agreed to continue to fund services previously supported by the CCG and LA.

Smoking cessation is championed by Dr Alison Rodger (Director of Public Health) and Dr James Goldring (Consultant Respiratory Physician) and two smoking cessation lead psychologists who deliver the stop smoking services across our three sites. Their role is not only to support patients and staff to quit smoking but to drive behaviour change in clinical staff to take on the every contact count approach to behaviour change. The trust has a Smoke Free MDT Steering Group which meets quarterly with key stakeholders to develop and promote services, review efficacy of smoking cessation activities, develop policies and provide leadership on smoke free issues. This is chaired by Dr Alison Rodger.

Basic awareness of very brief advice training (VBA) and promotion of the smoking service is presented at mandatory trust induction to all staff joining the organisation. Specific groups are also trained by the stop smoking team, including junior doctors (FY1/2), pharmacists and clinical teams in relevant specialties.

On the wards there is systematic coding of smoking status for all inpatients. Ward Pharmacists give VBA and refer patients who smoke to the stop smoking service to help them quit or offer support to help nicotine cravings while on the ward. Prescription charts have been changed to ensure data is captured on smoking status and referral and this is included as a mandatory field in the patients discharge summary.



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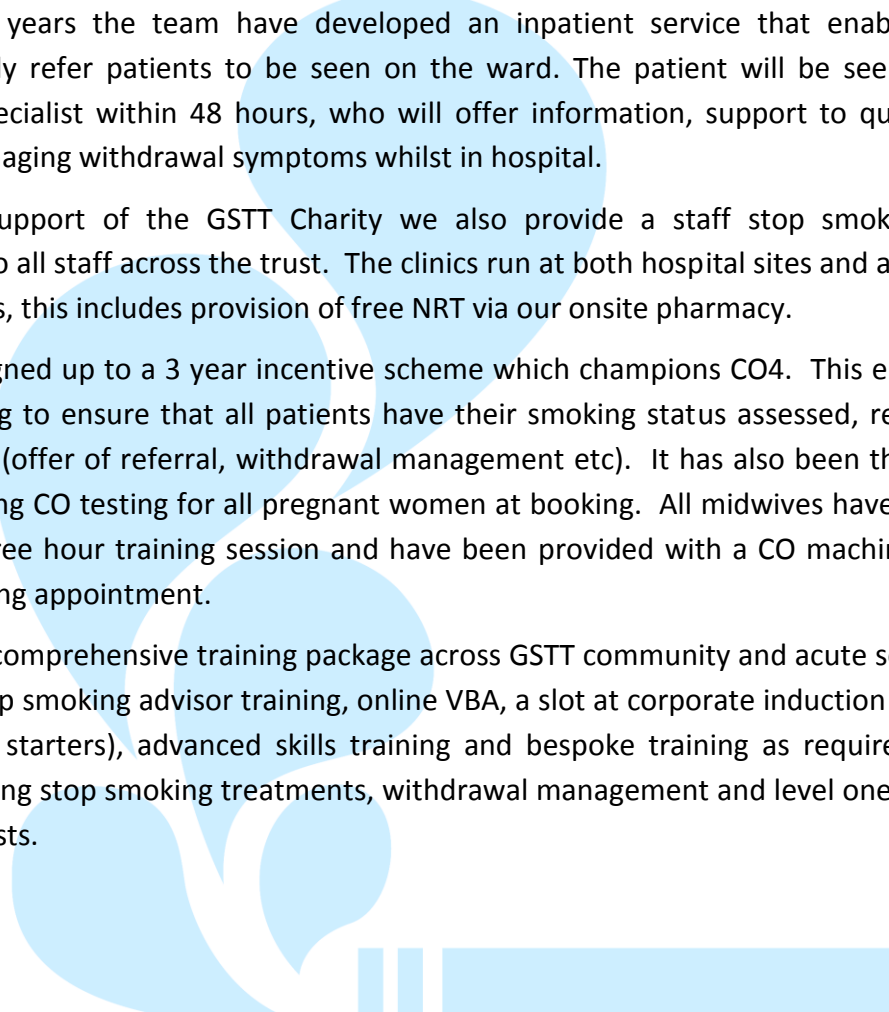


GSTT specialist stop smoking service deliver stop smoking clinics at both hospital sites. These clinics welcome patients and family and friends of anyone treated at the trust. Over the past 2 years the team have developed an inpatient service that enables staff to electronically refer patients to be seen on the ward. The patient will be seen by a stop smoking specialist within 48 hours, who will offer information, support to quit or advice around managing withdrawal symptoms whilst in hospital.

With the support of the GSTT Charity we also provide a staff stop smoking service, accessible to all staff across the trust. The clinics run at both hospital sites and are held on a weekly basis, this includes provision of free NRT via our onsite pharmacy.

We have signed up to a 3 year incentive scheme which champions CO4. This encompasses staff training to ensure that all patients have their smoking status assessed, recorded and acted upon (offer of referral, withdrawal management etc). It has also been the driver for implementing CO testing for all pregnant women at booking. All midwives have attended a bespoke three hour training session and have been provided with a CO machine to use at every booking appointment.

We offer a comprehensive training package across GSTT community and acute services. This includes stop smoking advisor training, online VBA, a slot at corporate induction (mandatory for all new starters), advanced skills training and bespoke training as required including understanding stop smoking treatments, withdrawal management and level one training for junior dentists.



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Whittington Health

Helping smokers quit at Whittington Health, an Integrated Care Organisation.

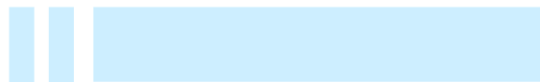
Whittington Health has benefited from strong leadership from integrated respiratory consultants, paediatricians and obstetricians in developing an organisation wide commitment to stop smoking services.

A stop smoking CQUIN has been an excellent vehicle for improving practice to ensure accurate recording of smoking status, the delivery of very brief advice and referral to stop smoking services (admissions and outpatients). This has recently been extended to paediatric patients and their parents.

Patients have greatly benefited from a hospital based stop smoking service with very committed and experienced staff supporting inpatients with a quit attempt during episodes when they are highly motivated to stop smoking and are already under forced abstinence. A "Quit at the Whit" box, demonstrating NRT and varenicline, and CO monitoring is available in all areas.

Stop smoking services are available for housebound patients with COPD in Islington, who would otherwise struggle to access services. A local enhanced service scheme (LES) for COPD in Islington has involved GP practice visits from integrated respiratory consultants for up-skilling on topics relevant to COPD and these sessions have been opportunities to share learning on stop smoking interventions.

In the last 6 months it has become necessary to seek substitute funding for the hospital stop smoking service due to cuts in public health budgets, and fortunately a history of close working with the CCG has meant that the value of this service has been recognised and 1/3 of funding is now to be provided by each of the CCG, public health and Whittington Health.





VBA training

To ensure our stop-smoking referral pathway was streamlined we implemented the National Referral System (NRS). This system also provides online very brief advice training. More than a 1200 staff have completed the training since it became available in 2013 (around 10 % of clinical staff). This is also supported by face to face, ward based, and Grand Round teaching sessions on smoking and addiction.

CO monitoring

We prioritised CO monitoring in maternity because of the importance of smoking cessation in this group and the potential for it acting as a powerful motivational tool in women concerned about their future child.

This was our second attempt at introducing CO monitoring in maternity so we knew it was important we took a more measured approach. Firstly we received endorsement from the Royal London Hospital Maternity Improvement Board and involved Zara, an experienced midwife. She agreed to use the monitor in her clinic for two weeks. At the end of the fortnight Zara identified more pros than cons and was willing to champion CO testing to her colleagues.

The stop smoking advisor then led a CO monitoring training session, supported by Zara who demonstrated to her peers the simplicity of carrying out the CO testing as part of maternity bookings.

During October 2015 when CO testing started, maternity stop smoking referrals increased by 60%. Because of this success we are now working with other specialities including pre-op assessment and respiratory teams at Royal London Hospital to see how we can introduce it as part of standard clinical practice.



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King's College Hospital

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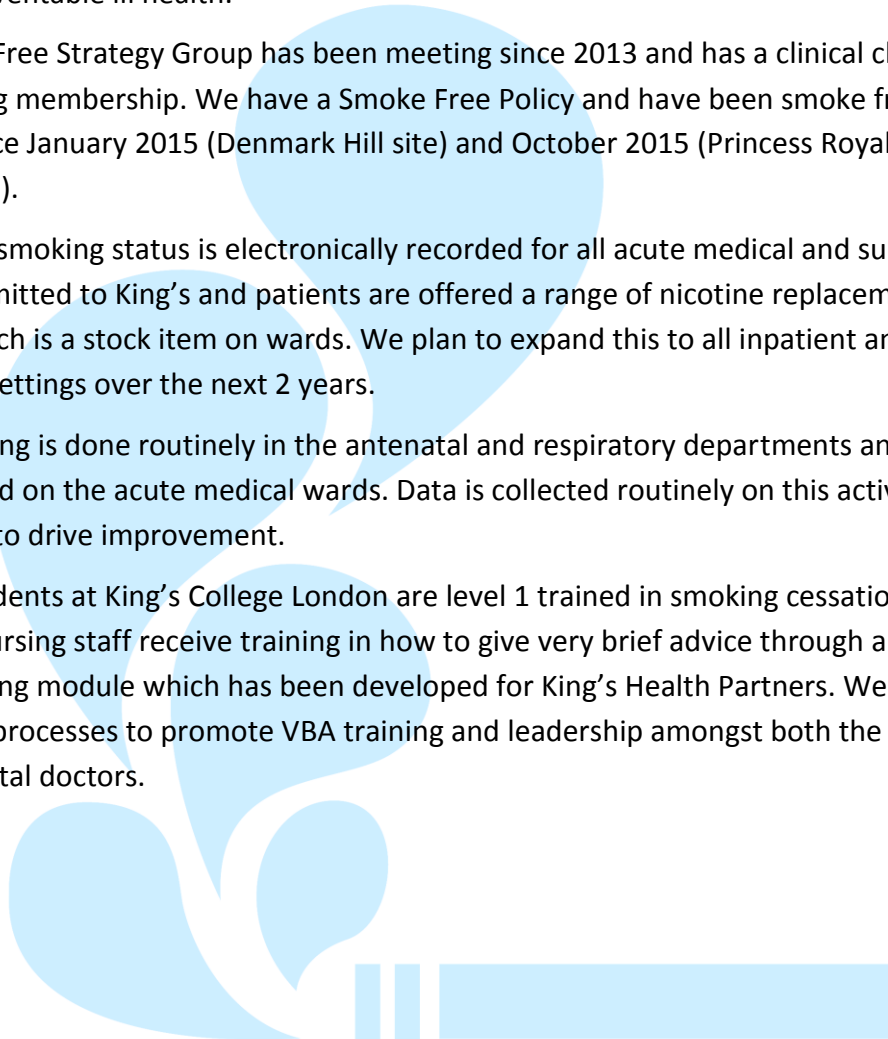
At King's College Hospital we are committed to implementing the NICE guidance on smoking cessation in secondary care, to making identifying and treating tobacco dependence core business and to improving outcomes for patients and staff who smoke. The Kings Executive and medical director are actively engaged in this process as part of wider priorities around tackling preventable ill health.

Our Smoke Free Strategy Group has been meeting since 2013 and has a clinical chair and wide ranging membership. We have a Smoke Free Policy and have been smoke free in the grounds since January 2015 (Denmark Hill site) and October 2015 (Princess Royal University Hospital site).

Since 2014, smoking status is electronically recorded for all acute medical and surgical patients admitted to King's and patients are offered a range of nicotine replacement therapy which is a stock item on wards. We plan to expand this to all inpatient and then outpatient settings over the next 2 years.

CO monitoring is done routinely in the antenatal and respiratory departments and is being implemented on the acute medical wards. Data is collected routinely on this activity by directorate to drive improvement.

Medical students at King's College London are level 1 trained in smoking cessation support and ward nursing staff receive training in how to give very brief advice through an NCST online training module which has been developed for King's Health Partners. We are developing processes to promote VBA training and leadership amongst both the junior and senior hospital doctors.



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St George's University Hospitals

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Referral pathway

This includes collaboration with local Public Health and Primary care services as well as specialised stop smoking services further afield. It is mutually beneficial with:

- improved choice and enhanced access for smokers to obtain on-going support;
- an increased number of referrals from the secondary care team; and
- return of outcomes for those referred to the secondary care team to assess the effectiveness of the service.

Training and raising awareness

Staff training is now integral to the nurse induction programme and Cardiovascular Nurse development programme. Staff training given on specific wards is evidenced by an increase in:

- in-patients being offered support services and prescribed NRT; and
- out-patient areas increasing the number of referrals.

Three times weekly stands in the main foyers across Trust sites – to continually raise awareness to patients, visitors and staff.

Health and wellbeing

The Trust Employee Health and Well-Being working group has afforded the smoking cessation team with opportunities to improve the effectiveness of the service by:

- improving links to departments and senior level staff to support and action smoke free initiatives and the smoking support service for staff; and
- increasing the visibility of the service at local and national promotions (e.g. Stoptober).

Access to NRT and Varenicline

NRT products are available within the trust for all users supported by Public Health Services. Varenicline is available on the trust formulary. There is a protocol in place with primary care where by smokers seen in the out-patient clinic are referred with a letter of assessment and recommendation to their GP to action the prescription.

Smokers can continue to attend the clinic for behavioural support and advice while taking NRT or Varenicline. This provides a continuity of care and maintains a link with primary care, secondary care and Public Health.