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NICE Shared Learning Awards 2008



Smoking cessation in the hospital setting

Aim

Smoking has a significant negative impact on health. Available evidence suggests that the majority of healthcare staff are well placed to identify people who smoke and then offer advice and support to encourage quitting. Increasing the awareness of and access to stop smoking support services is essential to ensure that smokers have good access to all the help available. The number of people being helped to stop smoking should be increased.

Objectives

Hospitals, as large NHS health settings, have both a strong intervention capacity and a strong public health potential. Hospitals are known to be regularly and readily accessed by all sectors of a local population: visiting a hospital can increase motivation to attempt smoking cessation. Our objectives were:

- To ensure local hospital settings were fully involved in offering smoking cessation treatments to patients, staff and visitors.
- To ensure secondary care developed the capacity to deliver smoking cessation interventions.

Context

Smoking remains the biggest modifiable risk factor for a range of serious health problems. Smoking cessation services and treatments are in their infancy. Evidence of good practice exists but has sometimes lacked strength and purpose, leading to a range of uncoordinated national service design models. NICE guidance consolidated the available evidence and gave it some credible structure, confirming the usefulness of some smoking cessation practices and discouraging less evidence-based developments.

Results

Hospital-based healthcare teams and primary care teams worked together and jointly designed the training, assessment and care pathways, discharge and follow-up procedures. Staff from across a range of hospital departments are now trained in smoking cessation. They have identified and given advice, support and onward referral to many thousands of patients that smoke. Many smokers quit due to them being assisted at this point in their care. It is a seamless and easily adoptable pathway.

Monitoring and evaluation

The number of hospital interventions, referrals and quitters are all recorded and reported. Implementation of NICE guidance on public health, smoking cessation and behavioural interventions

provide the overall service development ethos and measure. Work contributes to Local Area Agreement, Hospital Health Promotion Strategy and local and national public health measures. Patient satisfaction with the pathway is high (based on adviser feedback).

Key learning points

- Trusts involved in the pathway should all contribute to the development and implementation.
- Staff training is essential, though can be problematic. Win hearts and minds and pacify staff concerns of appropriateness of the intervention.
- Mental health services need individualised development and innovation.
- NICE public health and smoking cessation services guidance gives formal credibility and strength to the case for implementation
- Provides successful template for other lifestyle interventions - alcohol, diet, physical activity, sexual health.

NHS Bolton

Royal Bolton Hospital **NHS**
NHS Foundation Trust

Greater Manchester West **NHS**
Mental Health NHS Foundation Trust

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