

smokefree life Berkshire

 Solutions4Health

Welcome to Issue 14 of the Smokefreelife Berkshire newsletter

January 2017

Happy New Year

Highlights of 2016



Operation quit

You will be aware of our 'Stop before the Op' campaign and will have seen the specific leaflets and posters around the waiting rooms which have been delivered to your surgeries over the last few months. This is to highlight to patients the importance of stopping smoking prior to surgery.

The Royal College of Anaesthetists suggests quitting two months prior to surgery provides the most benefit. The time around surgery is considered 'a teachable moment' by experts and temporary abstinence before surgery can lead to a permanent quit, especially if the person is supported by referral to stop smoking services.

We have referral pathways set up with both the Royal Berkshire Hospital and Wexham Park Hospital, however the earlier the referral can be made, the better. This is why Clinicians in primary care are very well placed to make the referral for stop smoking support at the same time as making the referral to the Hospital.

Referrals can be made in the usual way in which your surgery refers to Smokefreelife Berkshire.



Key Facts

Wound necrosis after mastectomy is four times more frequent in smokers than non-smokers

Quitting prior to surgery reduces wound-related complications

Perioperative smoking cessation decreases wound healing time

Evidence suggests quitting two months prior to surgery offers the optimum benefit as it gives time for the body to recover from some of the short-term effects of smoking such as carbon monoxide binding

Studies suggest that smokers have two to 10 times the risk of wound problems and non-union of fractures after surgery

www.smokefreelifeberkshire.com
email: info@smokefreelifeberkshire.com
call: 0800622 6360
SMS QUIT to 66777

Options for smoking cessation at your surgery

In-house service

A member of your staff can provide the service on behalf of Smokefreelife Berkshire. Level 1 & 2 training is provided free of charge and staff are supported by Solutions 4 Health.

We have 8 surgeries providing this service who already have helped nearly 60 patients to quit smoking since April 2016

Top performing A subcontractors for Q1 & Q2 2016/17:

Brookside Group Practice: 15 4WQ

Loddon Vale Practice: 11 4WQ

Burdwood Surgery & Milman Road Health Centre (Dr. Mittal): 9 4WQ

Smokefreelife Berkshire to run a clinic at your surgery

Our advisor will hold a clinic in your surgery every week making the process easy for patients.

We currently run clinics in 33 GP surgeries across Berkshire

Top performing B subcontractors for Q1 & Q2 2016/17:

Theale Medical Centre: 31 4WQ

Farnham Road Surgery: 28 4WQ

Thatcham Medical Centre: 18 4WQ

Referral to community clinic

Either complete the referral form and email to smokefreelife.berkshire@nhs.net or Fax to (+44) 0118 900 7497

Referral can now be made in all areas using DXS. Templates have been circulated to all GP surgeries

All clients are contacted within 48 hours of receiving the referral and offered an appointment in one of our 80 community clinics across Berkshire. We offer the service in 10 different languages.

Top referring GP surgeries for Q1 & Q2 2016/17:

Western Elms Surgery: 26 referrals

Forest health Group: 21 referrals

Waterfield Practice: 17 referrals

Training Events for 2017

- ✓ Very brief advice (VBA) training: How to start a conversation about smoking and signpost to Smokefreelife Berkshire:

Thursday 16th February 10am-1pm

Wednesday 29th March 10am-1pm

Monday 24th April 10am-1pm

- ✓ Level 1 & 2 smoking cessation training: for staff who wish to offer the smoking cessation service in-house

Wednesday 8th & Thursday 9th March 9.30am- 4.30pm

All courses are free

Venue: S4H Head Office, 2 Richfield Ave, Reading RG1 8EQ

To book a place, please contact melissa.fernandes@solutions4health.co.uk

Free online courses available at www.ncsct.co.uk

Very brief advice in smoking cessation
Very brief advice for pregnant women who smoke
Very brief advice on secondhand smoke
Practitioner training
Stop smoking medications

smokefreelife
Berkshire

Contact details

Berkshire Health Improvement Manager: saleen.ahmed-khan@solutions4health.co.uk

Primary and Secondary Care Service Manager: chris.mcmahon@solutions4health.co.uk



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