

Welcome to Issue 15 of the Smokefreelife Berkshire newsletter

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Case Study: Implementing improvements in smoking at a practice level

Sonia Simkins, Practice Business Manager, Hawes Lane Surgery

Introduction

Hawes Lane Surgery: 4500 registered patients in West Midlands

Rationale

Identification of the link that people who smoked and had long-term conditions were amongst the highest attenders at A&E departments; and those patients who stopped smoking require fewer GP appointments. As a result they aimed to offer smoking cessation support and treatment for these patients

Implementation

**Weekly stop smoking clinic in-house run by the external provider
Smokers with long term conditions were targeted**

Promotion included mailshots to all registered smokers, practice website, reception area and on prescriptions

**Whole practice team engaged and were aware of the referral process
Patients were offered an appointment within 5 days of referral**

Outcomes, after 6 months:

number of smokers decreased by 27%

number of practice appointments reduced by 65%

reduction in unplanned hospital admissions by 34%

number of home visits per week was halved

Options for smoking cessation at your surgery

Option A

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 over 120 patients to quit smoking in 2016

Top performing A subcontractor for Q3 2016/17: Brookside Group Practice with 9 4WQ

Our advisor will hold a clinic in your surgery every week making the process easy for patients as per the case study

We currently run clinics in 33 GP surgeries across Berkshire

Top performing B subcontractor for Q3 2016/17: Farnham Road Surgery with 19 4WQ

Option B

Crosby House Surgery

Tammy says "Ravinder has been very supportive; I never thought after 25 years I would be smokefree - would highly recommend and I feel great"



Option C

Referral to SFLB: either complete the referral form and email to smokefreelife.berkshire@nhs.net or Fax to (+44) 0118 900 7497 or use DXS

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 Q3 2016/17: Western Elms Surgery: 21 referrals

No Smoking Day 2017

The Smokefreelife Berkshire team held events in all areas across Berkshire



Secondary Care

Admission to hospital for treatment is known as a 'teachable moment' because an ill patient is likely to be more receptive to offers of advice and support to quit. Smokers admitted to hospital due to ill health are also likely to be more motivated to quit particularly if their ill health is in any way related to their smoking. NICE in 2013 issued guidance saying the NHS should set the right example by being smokefree. It also advised hospitals to do more to encourage patients to quit when admitted to hospital by making all their premises and grounds smokefree and providing quitting support.

The recent BTS National audit found:

- 72% of hospital patients who smoked were not asked if they would like to stop
- only 7.7% of hospital patients who smoked were referred for support
- 27% of patients were not asked if they smoked
- only 1 in 10 hospitals completely enforce their fully smokefree premises.

Smokefreelife Berkshire have advisors working with Royal Berkshire NHS Foundation Trust and Frimley Health NHS Trust and offer support for patients both in the hospital and upon discharge. We have referral pathways to enable patients and staff to access the service with ease and offer VBA training to all staff



There is a relationship between smoking & post-op outcomes: patients who smoke perioperatively have been shown to experience more problems.

The evidence is that quitting smoking before surgery may have more immediate benefits by reducing the risk of post operative complications, shorter hospital stays and better long-term outcomes and that even brief abstinence may be beneficial to this aim.

Referral pathways have been set up between pre-op assessment at both Royal Berkshire Hospital, Wexham Park Hospital and SFLB but often this is too late for the patient to access support as the operation could be the next day

It would be beneficial if the referral could be made by GP for smoking cessation support at the same time as Hospital referral

Training

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

- ✓ Monday 24th April 10am - 1pm at Solutions4Health Head Office, 2 Richfield Ave, Reading RG1 8EQ
- ✓ Monday 22nd May from 5pm -7pm at Tesco Slough Extra, Brunel Way, Wellington St, Slough SL1 1XW
- ✓ Wednesday 20th September 6pm - 9pm at Solutions4Health Head office, 2 Richfield Ave, Reading RG1 8EQ

All courses are free

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

www.ncsct.co.uk

Cardiowellness4Slough

Solutions 4 Health, in partnership with Slough Borough Council, are providing local residents with a One stop shop for all lifestyle services and providing NHS Health Checks, Eat4Health weight management classes and Healthy Lifestyle Workshops. Tailored interventions on key lifestyle issues include weight management, smoking cessation, falls prevention and health checks. For more information please contact cardiowellness.4slough@nhs.net



smokefreelife
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