

smokefreelife Berkshire



Welcome to Issue 20 of the Smokefreelife Berkshire newsletter

July 2018

Cardiowellness4Slough



Cardiowellness4Slough (CW4S) is our cardiovascular disease prevention programme commissioned by Slough Borough Council offering a single point of access for lifestyle services for residents of Slough.

The service is delivered by trained multi-lingual wellness coaches in a range of community settings. There is a single point of access making the referral process simple using one template on DXS (available in all GP surgeries) to refer to CW4S.

NHS Health Check

The NHS health check involves cholesterol & blood glucose test, blood pressure, BMI and a lifestyle assessment and then a referral to different services as appropriate.

The eligibility criteria is:

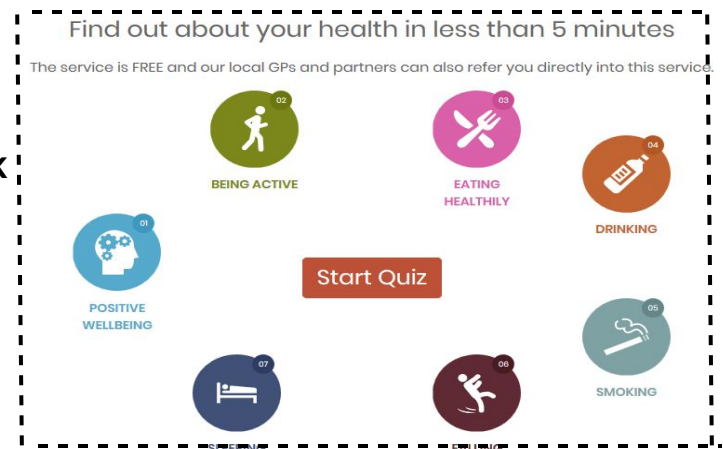
- 40-74 year olds (30-74 if South Asian)
- Have not had a NHS health check in the last 5 years
- Have not been diagnosed or treated for any of the following: CHD, diabetes, CVA, hypertension, AF, CKD (stages 3-5), heart failure, peripheral arterial disease, TIA, not on statins or hypertensives and familial hypercholesterolaemia.

We currently run health check clinics in 6 GP surgeries across Slough & would be very happy to open a clinic in your surgery. Top performing GP surgery (April, May & June 2018): Langley health Centre: 33 health checks



Free lifestyle quiz available at
www.cardiowellness4slough.co.uk

Falls Prevention Service



The falls prevention service is free for anyone over 60; patients can have a falls prevention assessment which will determine their risk of falling and depending on the result of the assessment will be referred to the most appropriate community support service available (if necessary), for example, a well-balanced class. This service is not only for those who have previously fallen but also for those who may be at risk of falling.

We would be happy to run a Falls assessment clinic in your surgery where we invite patients for an assessment at the surgery and run a clinic for a couple of hours at a time convenient to you; we would just need a list of patients to invite. We currently run clinics in 6 GP surgeries across Slough.

Top performing GP surgery (April, May & June 2018): Langley health Centre: 28 falls assessments

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 5 surgeries providing this service who helped over 70 patients to quit smoking last year.

Top performing A subcontractor for Q4 2017/18:

Brookside Group Practice with 7 4WQ



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

We currently run clinics in 33 GP surgeries across Berkshire

Top performing B subcontractor for Q4 2017/18: Tilehurst Surgery with 13 4WQ

2017/18 top performing B clinics:

Farnham Road surgery: 48 4wq

Tilehurst Surgery: 43 4wq

Langley Health Centre: 41 4wq



Option B

***Each practice receives £25 for each client who quits at 4 weeks

Referral to SFLB: either complete the online referral form which can be found at www.smokefreelifeberkshire.com 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.

Option C

Top referring GP surgeries for Q4 2017/18: Wokingham Medical Centre with 10 referrals

2017/18 top referring practices:

Western Elms: 46 referrals

Wokingham Medical Practice: 35 referrals

Eastfield House: 23 referrals



Each practice receives £25 for each referral who quits at 4 weeks

Refer all smokers for specialist support

smokefreelife
Berkshire

to give them the very best chance of quitting

ASK

AND RECORD SMOKING STATUS

Is the patient a smoker, ex-smoker or a non-smoker?

ADVISE

ON THE BEST WAY OF QUITTING

The best way of stopping smoking is with a combination of medication and specialist support.

ACT

ON PATIENT'S RESPONSE

Build confidence, give information, refer, prescribe. They are up to four times more likely to quit successfully with support.

REFER THEM TO THEIR LOCAL STOP SMOKING SERVICE

Updates

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 smoking.

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.

Advisors from Smokefreelife Berkshire are available in all hospital sites in the area including Prospect Park Hospital, and are able to start supporting patients while in hospital if necessary and then continue once they are discharged so that there is continuity in their smoking cessation support.

We have provided VBA training to the Pharmacy team at Wexham Park Hospital and to various wards at Royal Berkshire Hospital

The guidance is to encourage people being referred for elective surgery to stop smoking before their surgery.

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 units at both Royal Berkshire Hospital & Wexham Park Hospital

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



Pregnancy



We know that smoking during pregnancy causes up to 2,200 premature births , 5000 miscarriages and 300 perinatal deaths every year in the UK

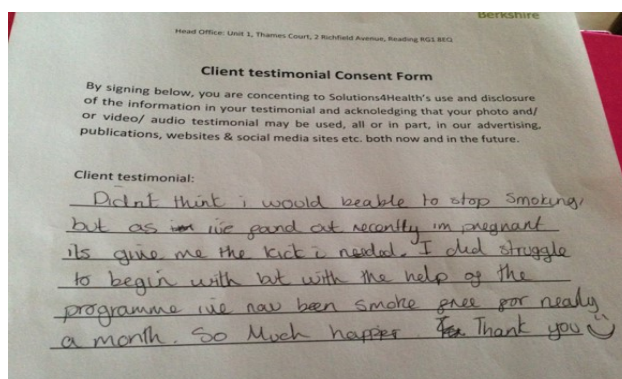
Women who continue to smoke during pregnancy are often highly addicted to nicotine and therefore would benefit from specialist support to quit

We have a close relationship with the midwives from both Hospital Trusts where we have established strong referral pathways.

We recently trained midwives from both Trusts in VBA, carbon monoxide monitoring and referral

Midwives use routine carbon monoxide monitoring as per NICE guidelines recommendation

We have specialised advisors for the pregnant clients who offer home visits



Training

So far this year we have delivered training to over 150 health professionals

- ✓ VBA (smoking cessation) training: Thursday 13th September 10am - 1pm at Solutions4Health Head office, 2 Richhfield Ave, Reading RG1 8EQ

CW4S in the community



Contact details

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www.smokefreelifeberkshire.co.uk

www.fallsfree4life.co.uk

www.cardiowellness4slough.co.uk

www.eat-4-health.co.uk

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