

smokefreelife Berkshire



Welcome to Issue 20 of the Smokefreelife Berkshire newsletter

July 2018

Smoking is the single largest cause of preventable ill health & premature death

Smokefreelife Berkshire is a free service open to all smokers wishing to quit. We aim to be as accessible to as many smokers as possible offering daytime, evening & weekend appointments in a wide variety of community settings; we also offer home visits & telephone support



NHS Stop Smoking Services have been around for nearly 20 years but smoking is STILL the largest cause of preventable death.

Intensive smoking cessation interventions are still effective in helping smokers to quit

A smoker is 4 times more likely to stop smoking if they use a specialist service

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 & 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

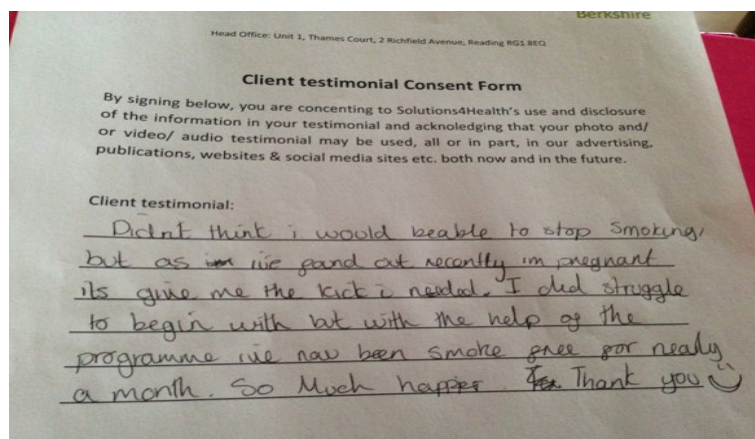
Women who continue to smoke during pregnancy are often highly addicted to nicotine and therefore would benefit from specialist support to quit

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

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



Training

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

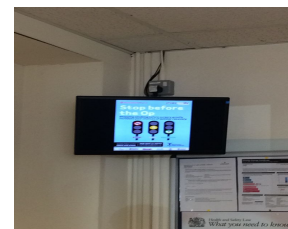
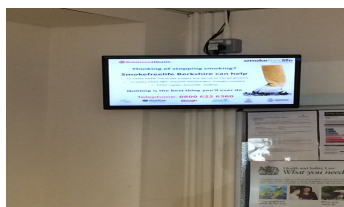
- ✓ VBA training: Thursday 13th September 10am - 1pm at Solutions4Health Head office, 2 Richfield Ave, Reading RG1 8EQ

If you are interested in a bespoke training session at your practice this can be arranged.

- ✓ Free online courses available at www.ncsct.co.uk including:

- 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

Primary Care Promotions



Contact details

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