

NHS Long Term Plan implementation: Tobacco dependence treatment services

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Paul Cilia La Corte – Senior Programme Manager

NHS England and NHS Improvement

NHS England and NHS Improvement



NHS Long Term Plan

Prevention is a **core component** of the Long Term Plan (LTP). The LTP **commitments** that set out **the NHS's contribution** to tackling tobacco dependence include:

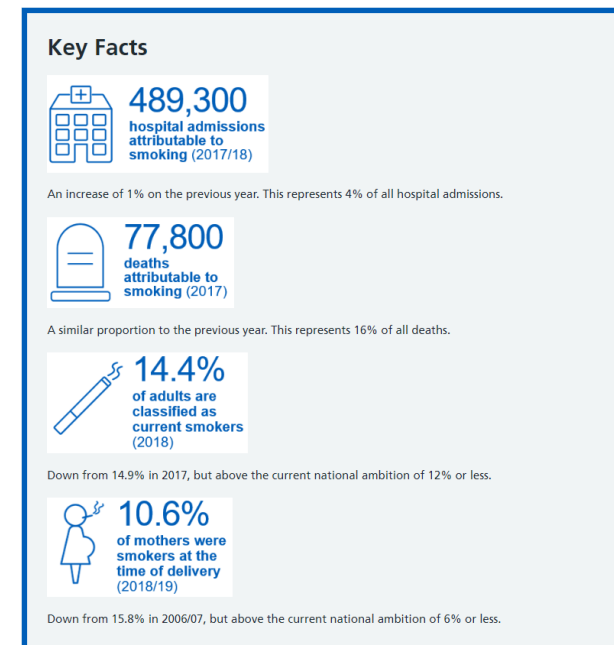
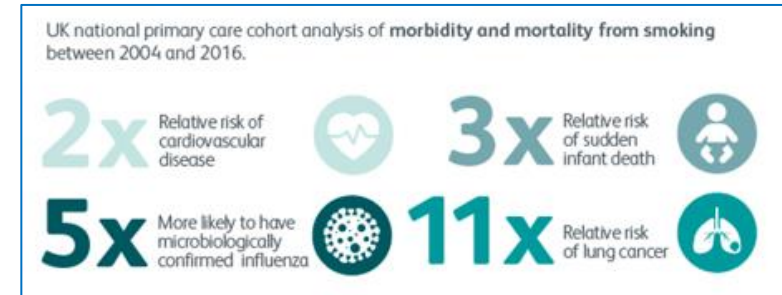
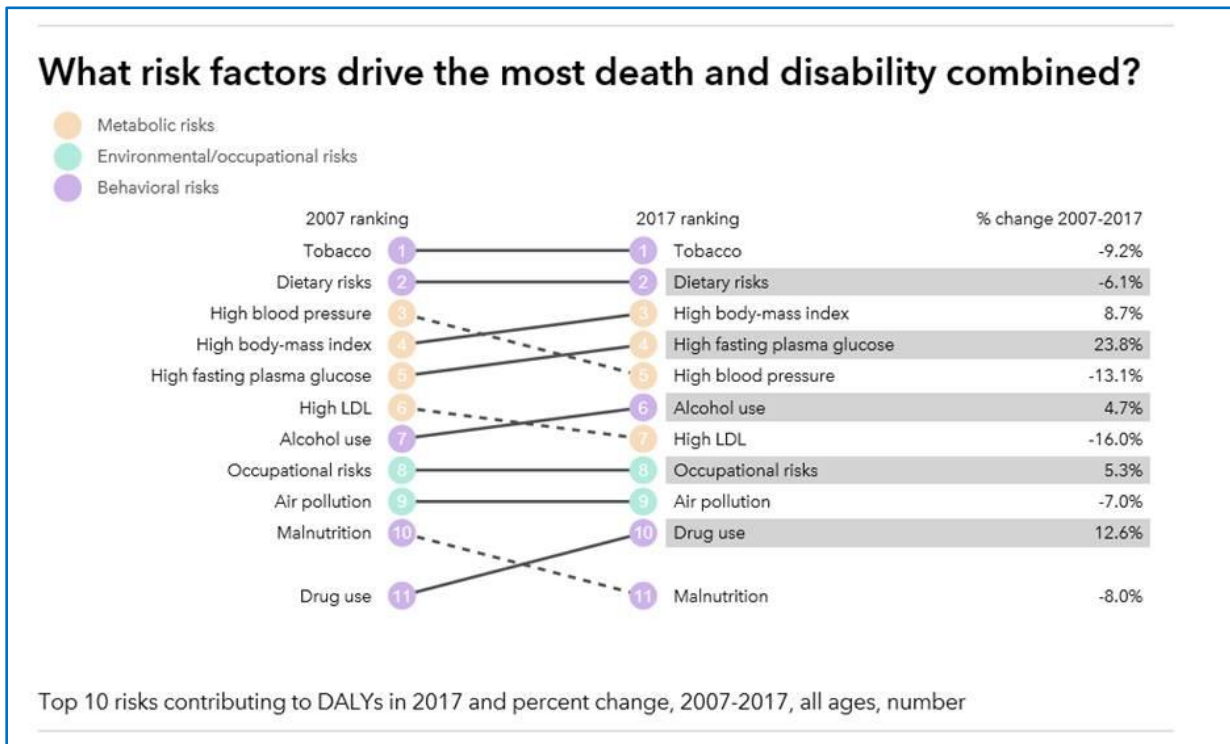
- By 2023/24, all people admitted to hospital who smoke will be offered **NHS-funded** tobacco treatment services.
- The model will be adapted for **pregnant women and their partners**, with a new smokefree pregnancy pathway including focused sessions and treatments.
- A new universal smoking cessation offer [for **higher risk outpatients**] will also be available as part of specialist mental health and learning disability services.

These commitments are designed to:

- be the **NHS's contribution** to helping deliver a smokefree generation
- build on the good work already happening, including the Saving Babies Lives Care Bundle, and to work in **synergy with current Stop Smoking Services**
- focus on both **physical and mental health** services, and
- have a level of national direction, but are for **local development and delivery**.

Case for change

- The Global Burden of Disease (2017) data highlights tobacco, as **the top modifiable risk factors** linked to early death and disability.



Interventions

The recommended models for smoking cessation has been developed using **published international evidence** and learning emerging from Greater Manchester's CURE and SmokeFree Pregnancy models. They include:

Bespoke **specialist advice**, nicotine replacement therapy, pharmacotherapy, take home medicines and dedicated follow-up alongside a referral to local SSS, on an **opt-out** basis for every patient admitted overnight.

- Bespoke **specialist advice**, nicotine replacement therapy and a more **intensive face-to-face follow-up** regime offered to pregnant women to drive a **SmokeFree Pregnancy** (including how best to support partners).
- An adapted model will be made available to **higher risk outpatients**, including those under long term care from mental health and learning disability services. This will include elements from the inpatient and maternity models.

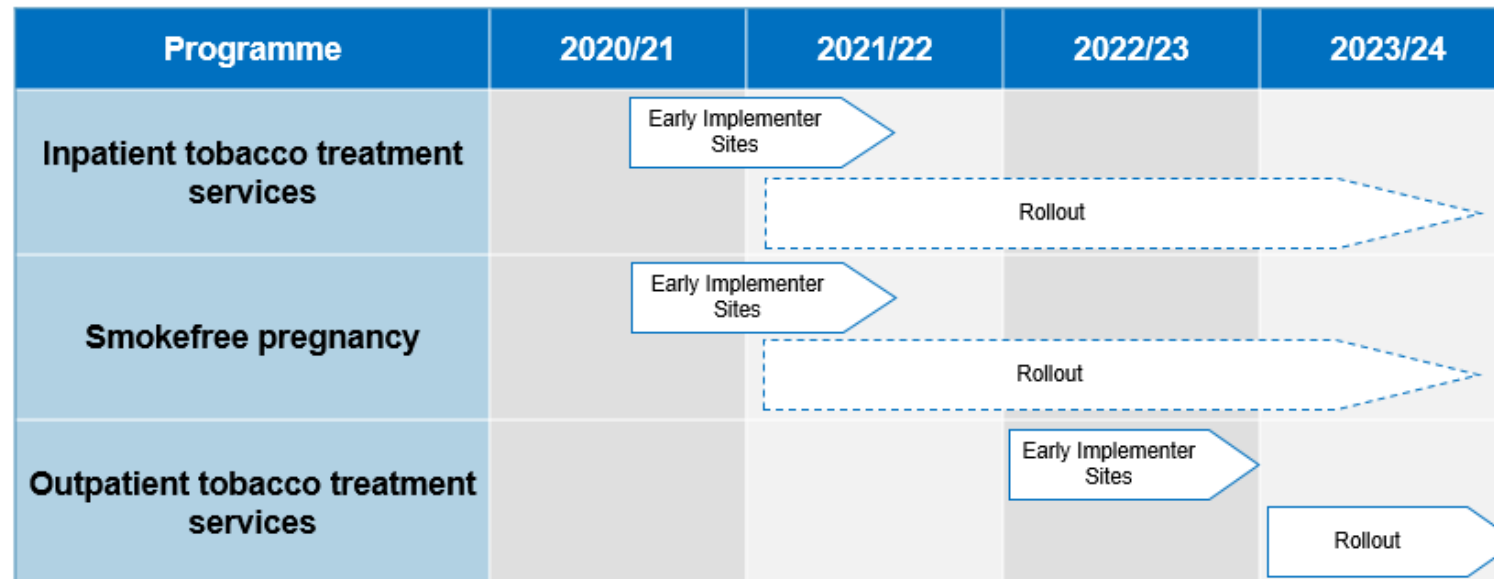
The interventions have been designed to allow flexibility in how they are delivered locally. This includes:

- ability to use **different staff groups** (the model is predicated on band 3 staff delivering the intervention with senior input);
- ability to **commission across organisational boundaries** (for resilience) including local authorities; and
- ability to **expand, intensify or accelerate** delivery using local resources.

Implementation

The high level implementation timeline reflects the staged incremental approach to delivery. The interventions will:

- Be **phased in over the next four years**
- be **tested and refined** in early implementer sites in 2020/21 and 2021/22 prior to further rollout
- see local prioritisation and implementation **led by ICS's** (and ideally LMNS's) and delivered in conjunction with local authority partners.



Activity in 2020/21 and 2021/22

- Working with the **early implementer sites** across 2020/21 and 2021/22, we want to:
 - Test the different recommended models at **scale** and across a range of **geographies**.
 - Understand how we can **best reach all of our patients** e.g. under 18s, those from poorer socio-economic backgrounds and other groups with protected characteristics.
 - What **adjustments/refinements** are needed to land each model e.g. when does the tobacco dependence adviser need to talk to the patient.
 - How can we **integrate services with our Local Authority** partners in a way that adds up to more than the component parts.
 - What are the **barriers to delivery** and what action was undertaken to overcome them e.g. a change in culture.
 - Collecting and **sharing materials and learning** from across the system to help other get started and deliver at pace.
 - How can models adapt in light of future **COVID-19** waves?

Early implementer sites

Region	Site	Type
North West	Greater Manchester – Smoking in Pregnancy Programme	Incentives
	Greater Manchester – CURE Programme	Acute
	Blackpool NHS FT	Maternity
North East	South Yorkshire & Bassetlaw ICS	Mental Health
Midlands	Nottingham and Nottinghamshire LMNS	Maternity
East of England	Great Yarmouth – James Paget NHS FT	Acute
South West	BNSSG LMNS	Maternity
London	Kings College and Guys & St Thomas' Hospitals	Acute
	East London Foundation Trust	Mental Health

These are the formal EIS, but we would any sites delivering activity would be **welcome to join in** with the programme

2021/22 and beyond

The LTP is a multi-year settlement for the NHS and it is intended that investment will continue over the LTP duration, however, we have to recognise the current uncertainty which may impact on pre-COVID-19 plans.

Our intention is still to deliver the full scope of the commitments laid out in the LTP. Depending on the nature of the second wave of the pandemic and the impact that has, we may need to reconsider timings.

From 2021/22 we anticipate that **all Systems** will receive LTP service transformation allocations in relation to tobacco dependence treatment services.

These allocations should increase over time which will allow greater coverage of service, but in the short term **Systems will need to prioritise services** and articulate this intention through business planning.

You do not have to wait for the LTP funding. There is good practice already happening based on current system priorities and you could get a head start.

Support offer

LTP funding: new monies being invested into the NHS over the next 5 years based on bottom up costings and activity assumptions.

Early Implementer Sites: designed to stress-test the recommended model with some dedicated project and evaluation support.

Support package including, but not exclusive to:

- delivery model (recommended model)
- data collection templates
- shared learning resources, and
- shared resources including communication materials.

Non-mandatory tariff: published for 2019/20 and reinforces the direction of travel set out in the LTP.

Community of practice including **Future NHS website** to share learning, initially between the early implementer sites, but expanding to encompass other sites as they go live

Wider national action including lobbying central government and working across national stakeholder i.e. Action for Smoking and Health and the British Thoracic Society...

Questions and/or ideas...

Join our Future NHS Platform at <https://future.nhs.uk/NHSpp/grouphome>

Paul Cilia La Corte

p.cialaccorte@nhs.net

<https://www.longtermplan.nhs.uk/areas-of-work/prevention/treating-and-preventing-ill-health/>