

Berkshire Healthcare

Importance of the Inpatient Smokefree Environment

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GDE
Digital solutions for
outstanding healthcare

WHY IS SMOKEFREE A PRIORITY?

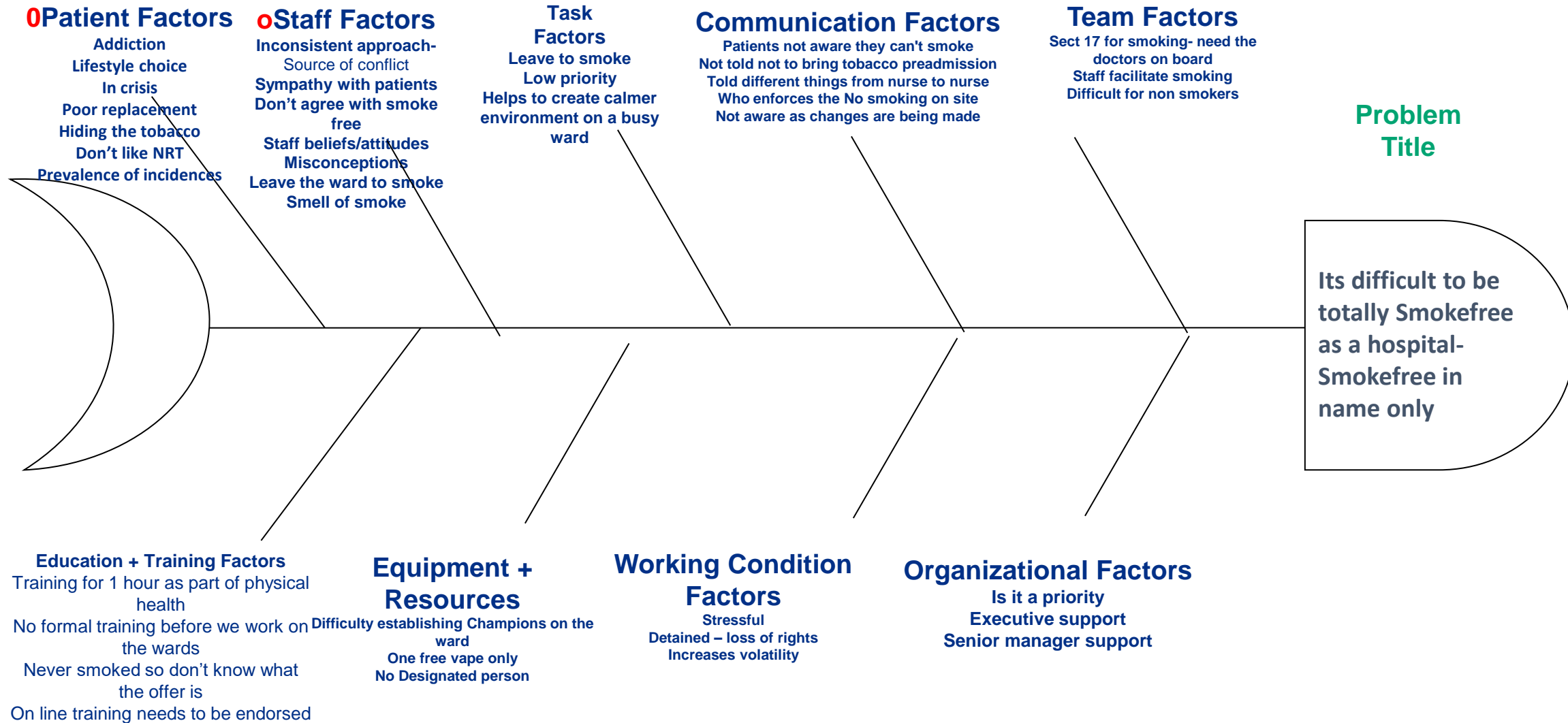
- Improved physical health and life expectancy -Reduce Inequalities
- Improvements in mental health and reductions of symptoms of anxiety and depression at least as great as from antidepressants (Taylor et al, 2014)
- Protects from staff and patients from harm of second-hand smoke
- Reduced health harms
- Admission is the perfect opportunity to engage with support
- Cost Effective
- Time bonus
- Reduced doses of some medicines used for treatment of mental health problems by up to 50% within a month of stopping
- Opportunity to learn other coping strategies

Importance of place

Establishing tobacco dependency services within a place and the extent to which they are effectively embedded are impacted by

- relevant organisational policies being fully implemented
- the timely availability of high quality and NICE aligned treatment options,
- staff attitudes and behaviours that support patients/clients into treatment.

Fishbone Analysis



Stakeholders- Our Patients - `Doubters and Resisters`

Belief that smoking helps with symptoms of illness , self medication

`Not ready to stop`

`Don't like the device`

`Didn't satisfy cravings`

`I'll stop when they stop`

`You cant stop me when I go on leave`

`I vape at home but you wouldn't let me bring it`

`They let me store my tobacco on the other ward`

It helps me with stress

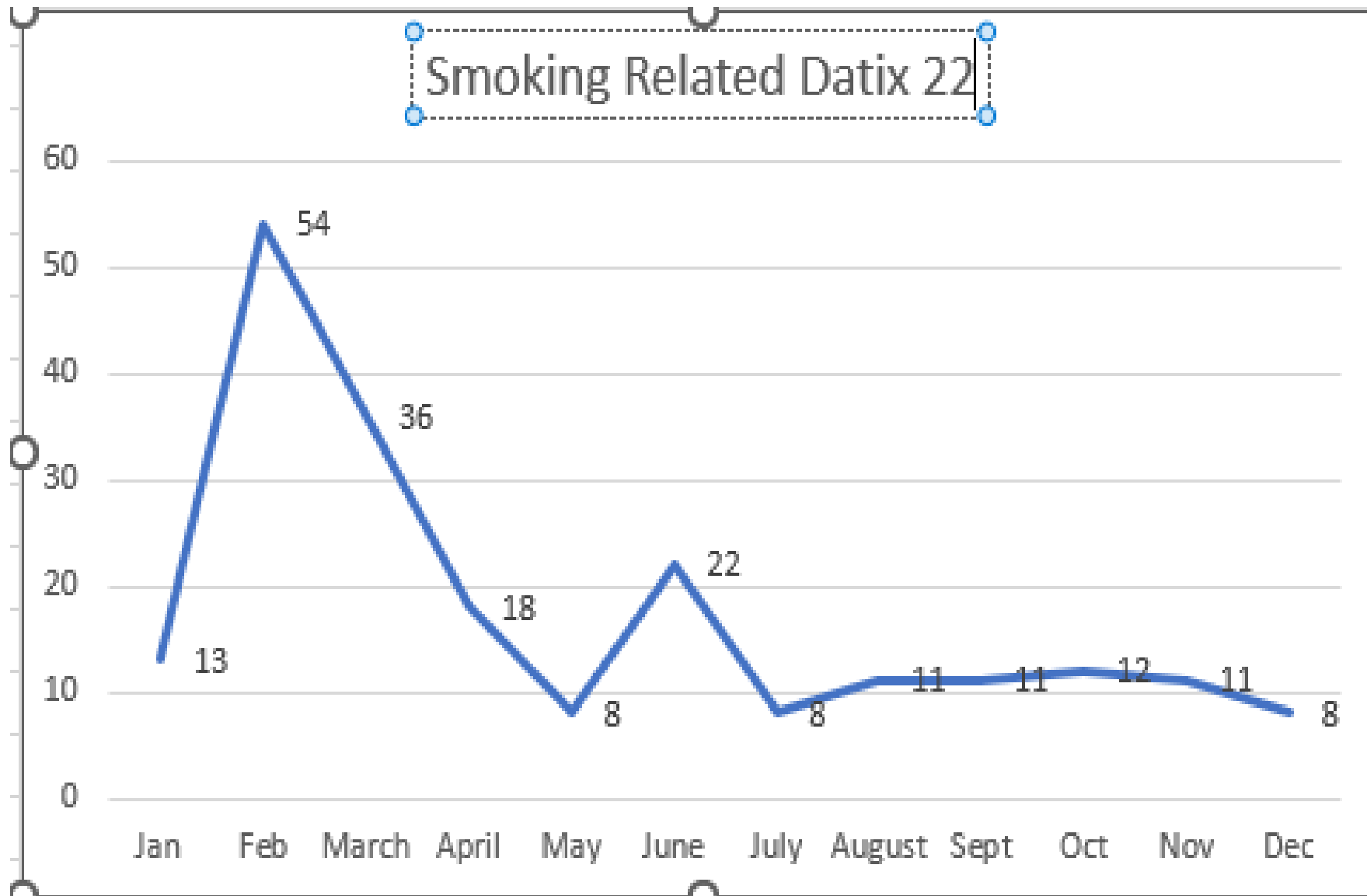
No one told me I couldn't smoke or I wouldn't be here

Stakeholders-Staff - `Doubters and Resisters`

- `This is the worst time to ask someone to stop`
- `its stress relieving`
- Aren't vapes just as bad as smoking`
- `Smoking has helped me through many hard times`
- It helps me look after myself by giving me time out of the ward
- It helps me to pause and think , space
- Its my choice , I can make unwise decisions if I want
- Infringement on human rights

So what did we do ?

- Business case for our fantastic Tobacco advisor
- Listened to patients about the device and accepted recommendations
- No storage of Tobacco to be returned on leave - against CQC recommendations
- Live Events throughout the Trust to endorse our message – all staff
- Executive Team message about Smoke free during their monthly meeting for all BHFT staff
- Re Established Trust Wide Steering Group
- Secured MARCOMMS to `dripfeed` the Smokefree message
- Used National events to support Smokefree message on social media
- Engaged hospital staff in a Staff focus group
- Learning and Development – Tobacco Dependence VBA Training is essential for BHFT staff .
- MECC training essential for staff to support behaviour change
- Improved pathway with our Smokefreeberkshire colleagues
- Spoke with carers and families
- Attended PIP, CRHT , Liaison team meetings to ensure pre admission Smokefree conversations



Where next? Plenty to do

- Ongoing communications from MARCOMMS
- Reviewing our provision of devices
- ?Working towards confiscation of Tobacco
- Enforcing the Staff Smokefree Policy
- Exploring the enforcement of No Smoking in the grounds
- Ongoing staff offer
- Developing the bespoke MH Tobacco Dependence training for clinical teams
- Improving the Inpatient- Community Pathway
- Reviewing post discharge support
- Fire Training –slides
- Roll out of Making Every Contact count
- Induction discussion