



Implications of the Vaping Evidence Review for the NHS

Dr Matthew Evison

Consultant in Respiratory Medicine, Manchester University NHS Foundation Trust

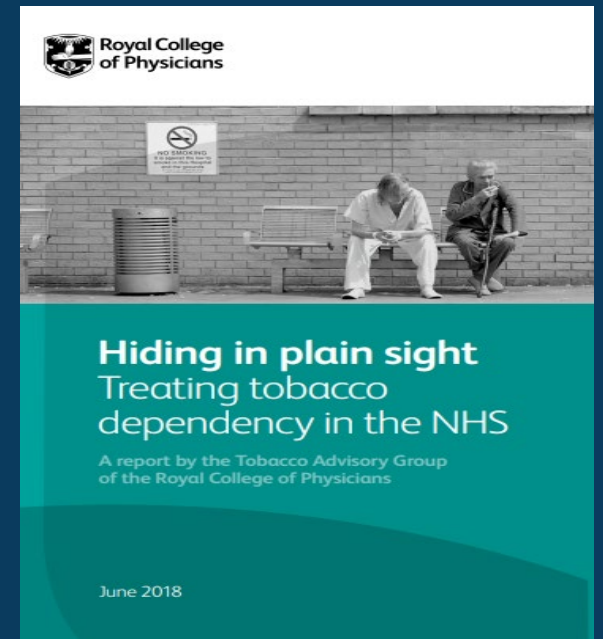
Lead Clinician for The CURE Project, Greater Manchester

Lead Clinician for Make Smoking History, Greater Manchester Regional Tobacco Control Programme

‘As doctors we must therefore recognise that treating tobacco dependence, effectively and routinely, is our business. Smoking cessation should be incorporated, as a priority, as a systematic and opt-out component of all NHS services, and delivered in smoke-free settings. It is unethical to do otherwise.’

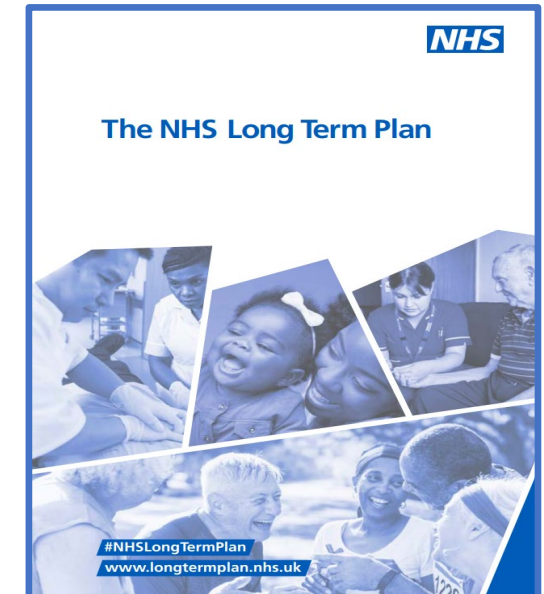
Professor Dame Jane Dacre

Former president, Royal College of Physicians



Royal College of Physicians. *Hiding in plain sight: Treating tobacco dependency on the NHS*. London: RCP, 2018.

2.9. First, the NHS will therefore make a significant new contribution to making England a smoke-free society, by supporting people in contact with NHS services to quit based on a proven model implemented in Canada and Manchester²⁶. **By 2023/24, all people admitted to hospital who smoke will be offered NHS-funded tobacco treatment services.**



Acute Care Trust:

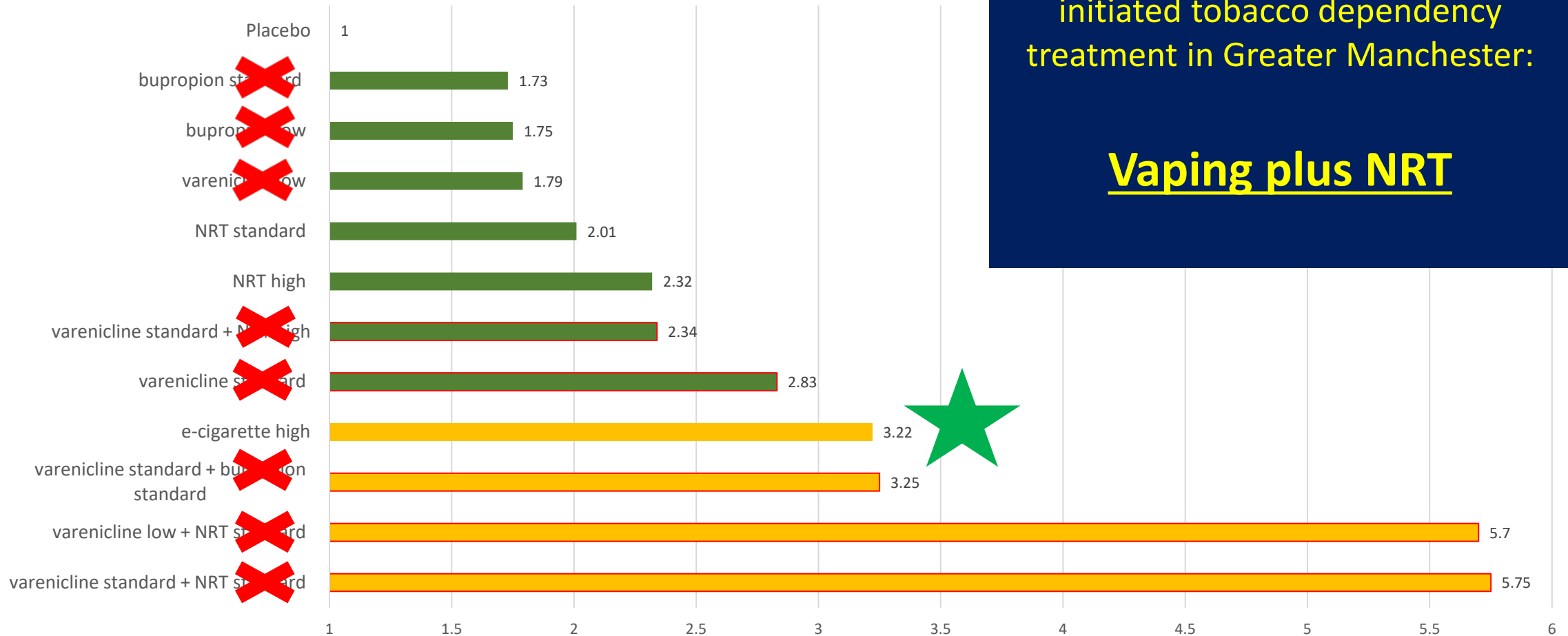
Treating Tobacco Dependency in the NHS

Deliver a systematic, opt-out on-site tobacco dependency treatment service

Treat tobacco dependency in NHS staff to provide health and well-being in the workforce

Implementation of a Trust-wide smoke free policy

Systematic review and network meta-analysis: Effectiveness of treatments for tobacco dependency 2021



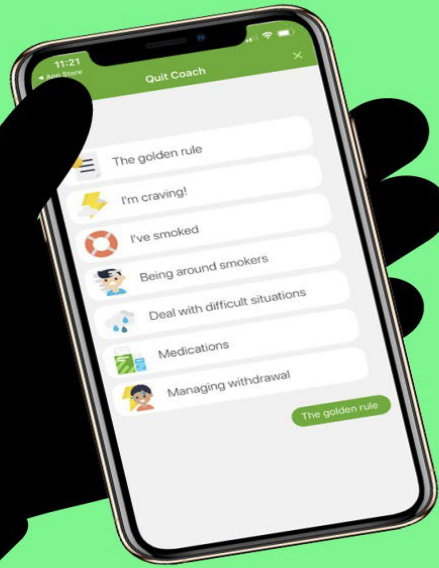
Deliver a systematic, opt-out on-site tobacco dependency treatment service

- 96% given brief advice to quit by the admitting team
- 61% patients completed a specialist consultation with a CURE practitioner
- 66% prescribed pharmacotherapy
- Self-reported quit rate 22% at 12 weeks post discharge
- Cost per quit £475
- The gross financial return on investment ratio was £2.12 return per £1 invested
- The public value return on investment ratio was £30.49 return per £1 invested
- Cost per QALY £487
- 87% reported that the hospital admission had made them consider a quit attempt
- 100% felt it was acceptable to be approached by the CURE team (opt-out model)
- Experience of care rated >8/10 in 96% of patients

In 2022 CURE has launched across all MFT sites with vaping kit and 4 weeks of e-liquid offered as standard of care (3x flavours, 2x strengths)

WE'RE HANDING IT TO YOU!

FREE QUIT SMOKING SUPPORT



Quit smoking with our free offer for NHS staff and contractors

- ✓ Free 6 month access to the pro features of top quitting app Smoke Free (worth £60)
- ✓ Free 12 week supply of nicotine replacement products or a vape and e-liquid, delivered to your door
- ✓ 24/7 support and guidance from a stop smoking advisor.

Get the offer

Use the QR code to download the Smoke Free app directly to your phone. Or find the link at smokefreeapp.com/gmnhs



No smart phone to download the app? Find out about other ways to get stop smoking support on **0300 123 1044**.

Offer limited to first 1000 applications. Further terms and conditions apply.

More information at MAKESMOKINGHISTORY.CO.UK/NHSOFFER

MAKE SMOKING HISTORY

NHS
Manchester University
NHS Foundation Trust

Treat tobacco dependency in NHS staff to provide health and well-being in the workforce

MFT NHS Staff Offer 2022

- Digital treatment package: 'Smokefree App'
- 24/7 access to an advisor
- Treatment home delivery: vaping and NRT
- Digital interventions to support abstinence



Manchester University
NHS Foundation Trust



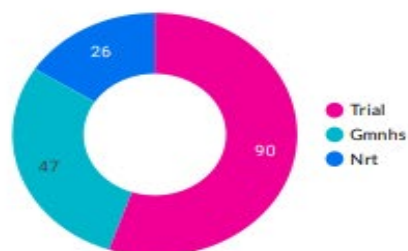


MAKE
SMOKING
HISTORY

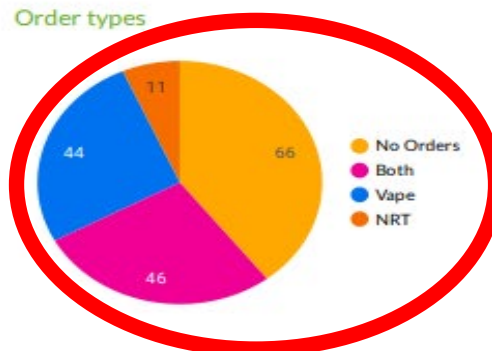
1 Oct 2022 - 31 Oct 2022

Type Filter:

Type



Order types



User account status



New Accounts



New accounts

164

Active users

274

Number of sessions

1,778

Average session length

00:09:06

Total money saved

£131,335

Total cigs not smoked

263,686

Total days smoke free

19,826

Total users to date

574

Last update: 3 Nov 2022, 05:04

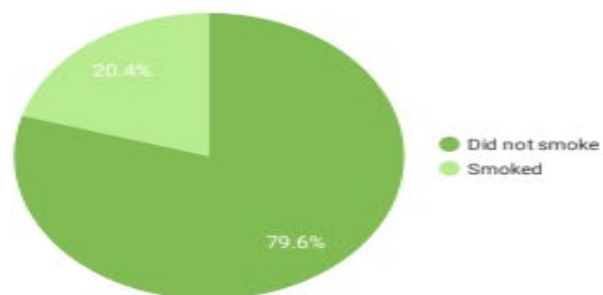


**MAKE
SMOKING
HISTORY**

1 Apr 2020 - 4 Oct 2022

4-week follow up

For quit dates set from 7 Aug 2020 to 4 Oct 2022



Week 4 and beyond app users

145

This is the number of people using the app 4 weeks or longer after their quit date. We would expect the majority of these people to be successful, as app users who are unsuccessful would usually reset their quit date.

Response numbers

User in range:	567
Not yet responded	474

Response rates

Responded	16.4%
Not yet responded	83.6%

Success numbers

Did not smoke	74
Smoked	19

Success rates

Did not smoke	79.57%
Smoked	20.43%

Users using the app after their quit date



Implementation of a Trust-wide smoke free policy

- ***Vaping provides the first truly meaningful opportunity to deliver smoke free hospital sites as a viable tobacco alternative***
- 6.1. We are committed to delivering smoke free NHS grounds to protect all individuals and support people that smoke to stop. The harm of smoking tobacco comes from the chemicals produced when tobacco is burnt. Whereas nicotine, the addictive substance that smokers are dependent upon and crave, is relatively harmless.
- 6.2. Vaping provides nicotine in a substantially less harmful way than burning tobacco. Vaping devices heat a liquid of nicotine to create a vapour that the user inhales. No tobacco is burnt. Unlike cigarettes, there is no side-stream effect from vaping, just the exhaled aerosol. Public Health England's 2018 evidence review found that to date, there have been no identified health risks of passive vaping to bystanders.
- 6.3. Vaping has a substantial evidence base that demonstrates they are an effective tool for smoking cessation and significantly more effective than nicotine replacement therapy. Therefore, to support the ambition of a truly smoke free NHS site, this policy makes a clear distinction between smoking and vaping. **Smoking is not permitted anywhere on MFT sites by any individual but any person that is trying to stop smoking is permitted to vape on the external grounds within designated 'quit zones'.**
- **This is the framework required to truly deliver a smoke-free hospital site**

Our Smokefree Pledges

- ✓ To protect every patient, staff member and visitor on the hospital site from the harms of tobacco smoke
- ✓ To support every person to stay smokefree whilst on hospital grounds
- ✓ To provide access to highly effective treatments (including nicotine products and vaping devices) for any patient or staff member that smokes tobacco

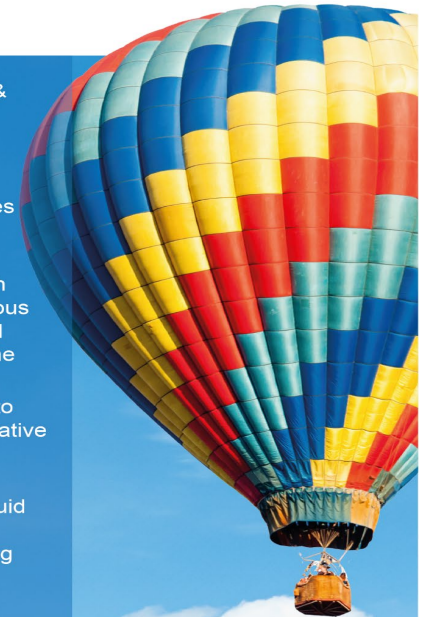


Smoking is not allowed anywhere on these hospital grounds. Vaping is permitted in designated outdoor areas, called quit zones, to support people trying to stop smoking

**MAKE
SMOKING
HISTORY**

Why is this a vaping-friendly hospital?

- ✓ Smoking tobacco is uniquely deadly & kills 1 in 2 people that smoke
- ✓ Nicotine is the addictive substance in tobacco smoke, but nicotine itself does not cause the harms of smoking
- ✓ Burning tobacco creates smoke which contains thousands of toxic & poisonous chemicals. These chemicals cause all the damage from smoking, not nicotine
- ✓ This hospital supports anyone trying to stop smoking tobacco by using alternative sources of nicotine, including vaping.
- ✓ Vaping involves heating a nicotine liquid to create a vapour the user inhales. There is no burning of tobacco. Vaping is substantially less harmful than smoking tobacco.



There's no evidence that vaping causes harm to other people around you. This is in contrast to second-hand tobacco smoke, which is known to be very harmful to other's health. Smoking is not allowed anywhere on these hospital grounds. Vaping is permitted in designated outdoor areas, called quit zones, to support people trying to stop smoking

Vaping is only recommended for people wanting to stop smoking. Non-smokers should never start vaping

**MAKE
SMOKING
HISTORY**



Manchester University
NHS Foundation Trust

What are Quit Zones?



This hospital is a smoke-free site



Unlike smoking, vaping does not burn tobacco or produce tar, carbon monoxide or the other poisonous chemicals in tobacco smoke that cause cancer & other illnesses



There's no evidence that vaping causes harm to other people around you. This is in contrast to second-hand tobacco smoke, which is known to be very harmful to other's health.



This hospital supports anyone trying to stop smoking by vaping



We welcome vaping in our 'quit zones' – designated outdoor areas to help people trying to stop smoking



Smoking is not allowed anywhere on these hospital grounds

Vaping is only recommended for people wanting to stop smoking. Non-smokers should never start vaping

**MAKE
SMOKING
HISTORY**



Manchester University
NHS Foundation Trust

Welcome to this Quit Zone



This is a place for anyone trying to stop smoking tobacco



There is NO smoking in this area and we will protect you from the effects of tobacco smoke in this quit zone



Please feel supported to vape, use other nicotine products and find fellow quitters here.



Smoking is not allowed anywhere on these hospital grounds

Vaping is only recommended for people wanting to stop smoking. Non-smokers should never start vaping

**MAKE
SMOKING
HISTORY**

Implications of the Vaping Evidence Review for the NHS

- **Supports the full integration of vaping into every workstream of the treating tobacco dependency in the NHS**
 - ✓ Vaping should be a routine part of a treatment offer for patients that smoke admitted to hospital and NHS staff
 - ✓ Any person that smokes should be supported to be tobacco free, including being supported to vape, on the hospital grounds

But.....



British Thoracic Society
National Smoking Cessation Audit 2021: Management of Tobacco
Dependency in Acute Care Trusts: Audit Report

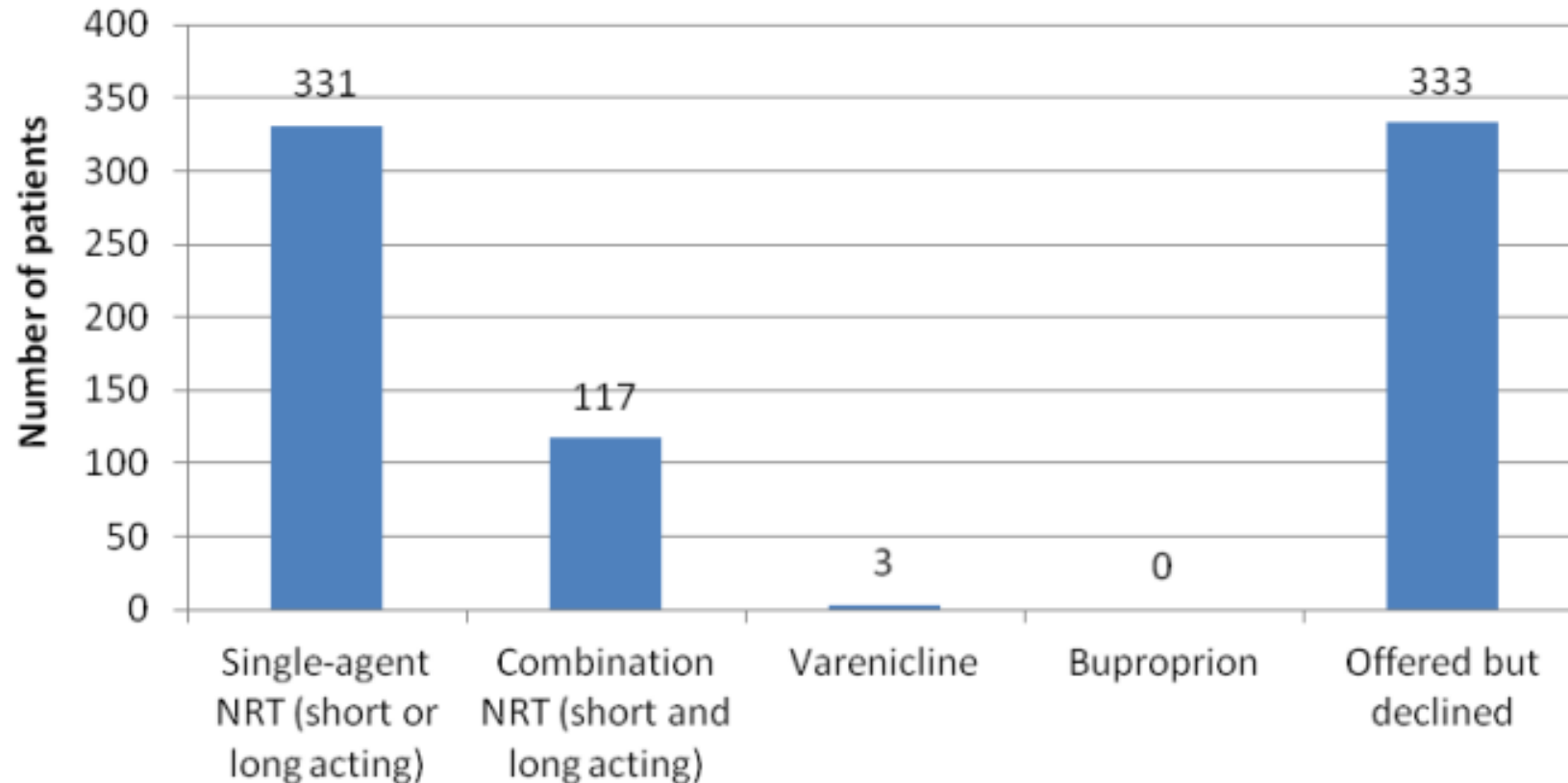
National Audit Period: 1 July – 31 August 2021
Audit leads: Dr Nikesh Devani, Dr Matthew Evison

Number of participating institutions and records submitted:

Part 1- 14579 clinical records submitted from 120 institutions

Part 2: 119 organisational records

**Only 1 current smoker was provided
with a vape kit as part of their tobacco
dependency treatment plan
(new metric for 2021 audit)**



It is a call to
arms.....