

# Smoking Cessation Training Programmes in West London NHS Trust

Raminta Astrauskaite, Trust Smokefree Lead

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together**

# Service overview



**West London**  
NHS Trust

## Team

Trust Smokefree Lead

Two Tobacco Dependence Specialists for Mental Health



**Raminta Astrauskaite**

Smokefree Trust Lead & Integrated Lifestyle Practitioner  
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**Estefania Canchig**

Tobacco Dependence Specialist for Mental Health  
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**Katerina Manginas**

Tobacco Dependence Specialist for Mental Health  
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## Setting

Acute MH services (3 hospitals, 14 wards)

Forensic MH services (19 wards)

## Training programmes

Level 1 (with annual refresher)

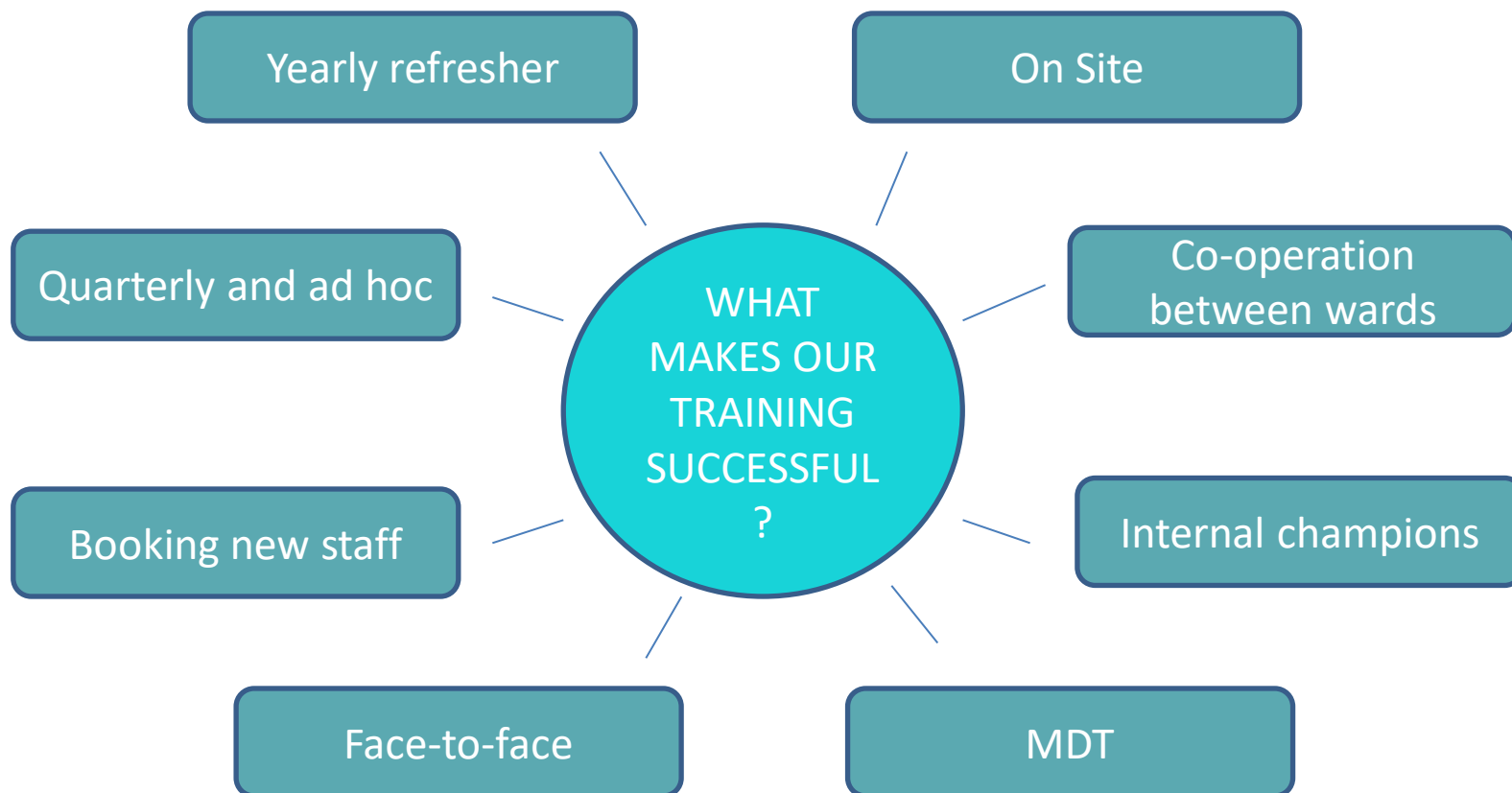
Level 2 (held quarterly)

Bespoke Training

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# Level 1 Training

- ✓ VBA
- ✓ Smoking impact on Mental Health
- ✓ Access to NRT and e-cigarettes
- ✓ Trust's smokefree policies
- ✓ Smokefree resources and support



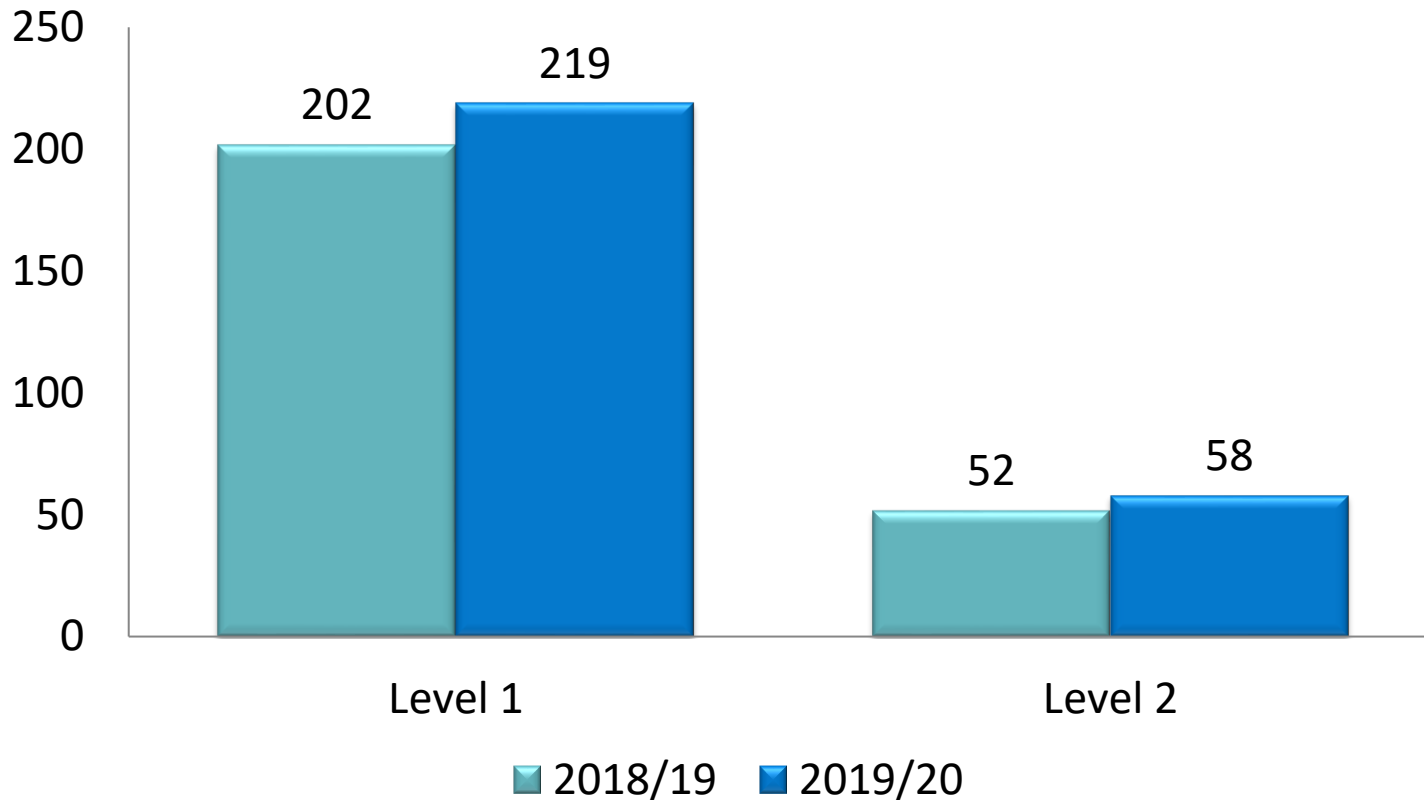
# Level 2

- ✓ 2-day training to become Stop Smoking Advisor
- ✓ covers intensive evidence-based support for tobacco dependence management
- ✓ Behavioural support and pharmacotherapy



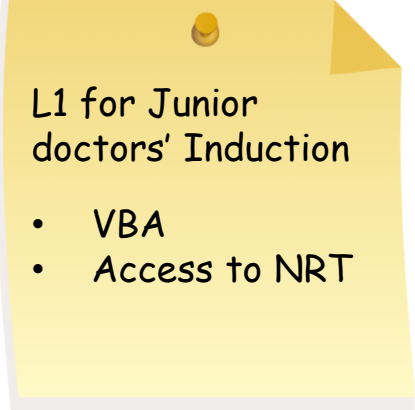
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# Number of staff trained over the last two years



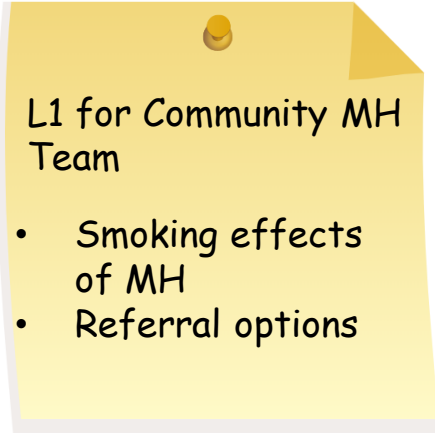
# Benefits of bespoke training

- Tailored to suit multiple service needs
- Can be modified to suit specific staff groups
- Can be used to cover specific issues or gaps in Smokefree practice
- Flexible setting and variety of delivery methods
- Interactive & engaging



L1 for Junior  
doctors' Induction

- VBA
- Access to NRT



L1 for Community MH  
Team

- Smoking effects  
of MH
- Referral options

# Training monitoring



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Keeping a log for training, events and groups

	A	B	C	D	E	F	G
1	Log Sheet for Training, Events, Groups 2019-2020						
2	<b>June</b>						
3	Date	Duration	Time	Name of event/training	Person responsible	Location	Number of attendees
4	10/04/2019	1hr	13:30	Junior Dr. Level 1	Katerina	Hammersmith	7
5	08/05/2019	1hr	13:30	Junior Dr. Level 1	Katerina	Ealing LDC	5
6	05/06/2019	1hr	13:30	Level 1	Katerina	THW, Room 20	10
7	12/06/2019	1hr	13:30	Level 1	Katerina	THW, Room 17	7
8	14/06/2019	1hr	11:00	Psychoeducation group	Katerina/Cheryl	Brent Ward	5
9	19/06/2019	1hr	13:30	Level 1	Katerina	THW	15
10	17/04/2019	1hr	14:00-15:00	Level 1 Smoking Cessation Traini	Estefania	Hounslow Lakeside (O block train	4
11	17/06/2019	1.5 hours	13:30-15:00	Level 1 Smoking Cessation Traini	Estefania	St.Bernards (Conference Room B	1
12	01/07/2019	1hr	13:30-14:00	Level 1 Smoking Cessation Traini	Estefania	St.Bernards (Conference Room B	7
13	<b>July</b>						
14	Date	Duration	Time	Name of event/training	Person responsible	Location	Number of attendees
15	03/07/2019	1hr	14:00	Level 1	Katerina	Orchard	9
16	03/07/2019	1hr	11:00	Psychoeducation group	Katerina	Wells	3
17	12/07/2019	45mins	11:00	Psychoeducation group	Katerina	Brent Ward	7
18	24/07/2019	1hr	10:00	Level 1	Katerina	Ealing LDC	4
19	25/07/2019	1hr	13:30	Level 1	Katerina	Ealing LDC	4
20	18/07/2019	1hr	9:15- 10:15	agers Level 1 Smoking Cessatio	Estefania	Hammersmith Unit	11
21	18/07/2019	1hr	11:00-12:00	level 1 Smoking Cessation Trainin	Estefania	Hammersmith Unit	7
22	18/07/2019	1hr	14:00-15:00	level 1 Smoking Cessation Trainin	Estefania	Hammersmith Unit	5
23	25/07/2019	1hr	11:00-12:00	level 1 Smoking Cessation Trainin	Estefania	Hammersmith Unit	2
24	<b>August</b>						
25	Date	Duration	Time	Name of event/training	Person responsible	Location	Number of attendees

# Training Evaluation

Overall, how well did the training meet your expectations?

Poor 0—1—2—3—4—5—6—7—8—9—10 Excellent (Average score: **9.3**)

How well does this training prepare you to provide one-to-one support for patients to cut down or quit smoking?

Not at all 0-1—2—3—4—5—6—7—8—9—10 Very well (Average score: **9.2**)

**"IT REALLY  
MAKES ME FEEL  
COMFORTABLE  
AND I CAN ASK  
QUESTIONS FREELY  
WHENEVER!"**

**"I enjoyed  
the role play parts, as I feel  
more prepared to do  
sessions when I get back to  
the wards"**

**"I feel confident to  
talk to patients about  
their smoking and  
offer proper support"**



# Main challenges



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Staff availability to attend training

Staff turnover






High number of bank and agency staff

Smoking among health care staff

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# COVID-19 impact on training

Smokefree team moved to remote learning early:

-  Webinars on 'COVID-19 and Smoking'
-  Training delivered via MS teams
-  Set future training dates on trust L&D Training via MS Teams page & booking system
-  Involving key stakeholders
-  Smokefree continues to be on everyone's agenda



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THANK YOU

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