

Smoking Cessation Training Programmes in West London NHS Trust

Raminta Astrauskaite, Trust Smokefree Lead

Service overview

Team

Trust Smokefree Lead Two Tobacco Dependence Specialists for Mental Health

West London NHS Trust



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Estefania Canchig Tobacco Dependence Specialist for Mental Health Estefania.Canchig@westlondon.nhs.uk



Katerina Manginas Tobacco Dependence Specialist for Mental Health katerina.manginas@westlondon.nhs.uk

Setting

Acute MH services (3 hospitals, 14 wards) Forensic MH services (19 wards)

Training programmes

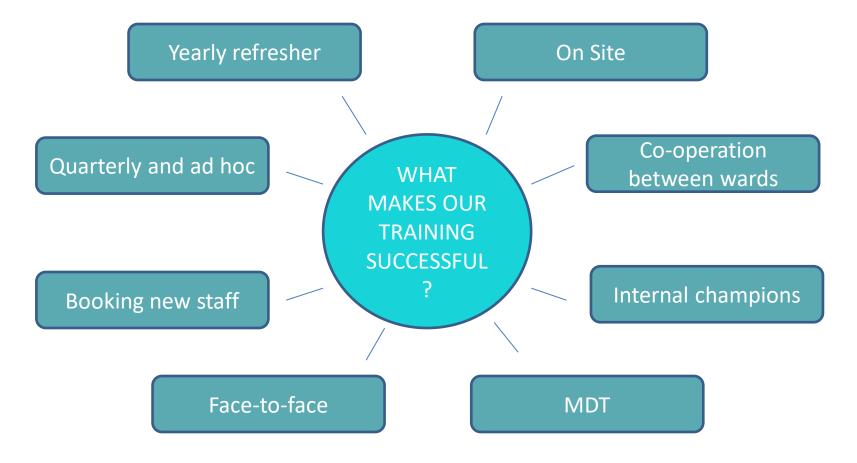
Level 1 (with annual refresher) Level 2 (held quarterly) Bespoke Training

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



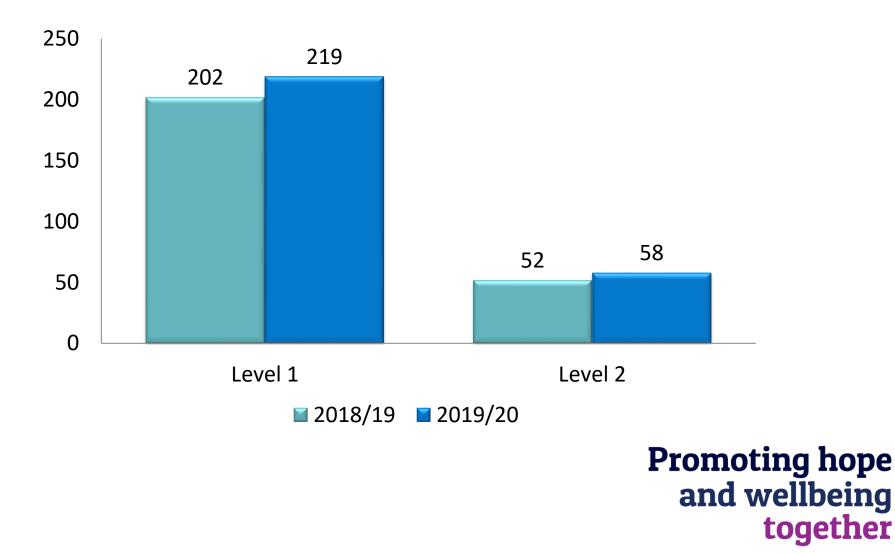
together

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

FEEDBACK	Detailed feedback and evaluation	
UP-SKILLING	NCSCT Certified Stop Smoking Advisor Embedded in staff PDR; Transferable skills	
CONTINUOUS SUPPORT	Follow-up and mentoring sessions; Quarterly Best Practice Meetings	
ACCESSIBLE RESOURCES	Trust Smokefree website; Smokefree Box located in each ward	
MOTIVATION	'Advisor of the Month' Award	Promoting hope and wellbeing together



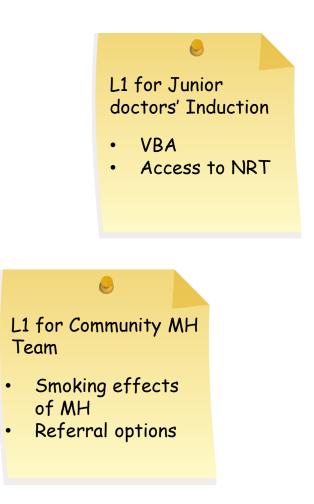
Number of staff trained over the last two years



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



Training monitoring



Keeping a log for training, events and groups

	А	В	С	D	E	F	G	
1		Log Sheet	og Sheet for Training, Events, Groups 2019-2020					
2	June							
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 Train	Estefania	Hounslow Lakeside (O block train	4	
10	17/04/2015							
_	17/06/2019	1.5 hours	13:30-15:00	Level 1 Smoking Cessation Train	Estefania	St.Bernards (Conference Room B	1	
11		1.5 hours 1hr	13:30-15:00 13:30-14:00	Level 1 Smoking Cessation Train Level 1 Smoking Cessation Train		St.Bernards (Conference Room B St.Bernards (Conference Room B		
11 12	17/06/2019							
L1 L2 L3	17/06/2019 01/07/2019							
12 13 14	17/06/2019 01/07/2019 July	1hr	13:30-14:00	Level 1 Smoking Cessation Train	Estefania	St.Bernards (Conference Room B	7	
11 12 13 14 15	17/06/2019 01/07/2019 July Date	1hr Duration	13:30-14:00 Time	Level 1 Smoking Cessation Train Name of event/training	Estefania Person responsible	St.Bernards (Conference Room B Location	7 Number of attendees	
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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"





Staff availability to attend training

Staff turnover

High number of bank and agency staff

Smoking among health care staff

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





THANK YOU

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