

SMOKEFREE PREGNANCY: TRAINING FOR HEALTHCARE PROFESSIONALS

QUICK
REFERENCE
GUIDE

This quick reference resource provides you with the information you need to ensure the local maternity workforce is appropriately trained to address smoking among pregnant women.

WHY IS SPECIFIC TRAINING NEEDED ON SMOKING IN PREGNANCY?

Smoking in pregnancy is the largest modifiable risk factor for many poor birth outcomes including miscarriage, stillbirth and neonatal deathsⁱ. High quality interventions delivered by trained professionals can reduce rates of smoking, making a major contribution to the safety of individual pregnancies and overall outcomes of services.

Implementation of NICE guidanceⁱⁱ around smoking in pregnancy does not require complex or lengthy interventions from midwives and other maternity professionals. It is important that women who smoke are identified and that brief interventions are delivered effectively. If interventions are not delivered effectively they can undermine the whole care pathway and reduce the likelihood a woman will successfully quit. Training delivered to a high standard with regular updates can have a measurable impact on performanceⁱⁱⁱ.

HOW CAN YOU EMBED TRAINING LOCALLY?



ENGAGING KEY STAKEHOLDERS

with an interest in high quality outcomes for pregnant women who smoke: Head of Midwifery, Maternity Safety Champion, Local Authority, CCG, Local Maternity System, Sustainability and Transformation Programme.



MAKING THE CASE FOR FUNDING

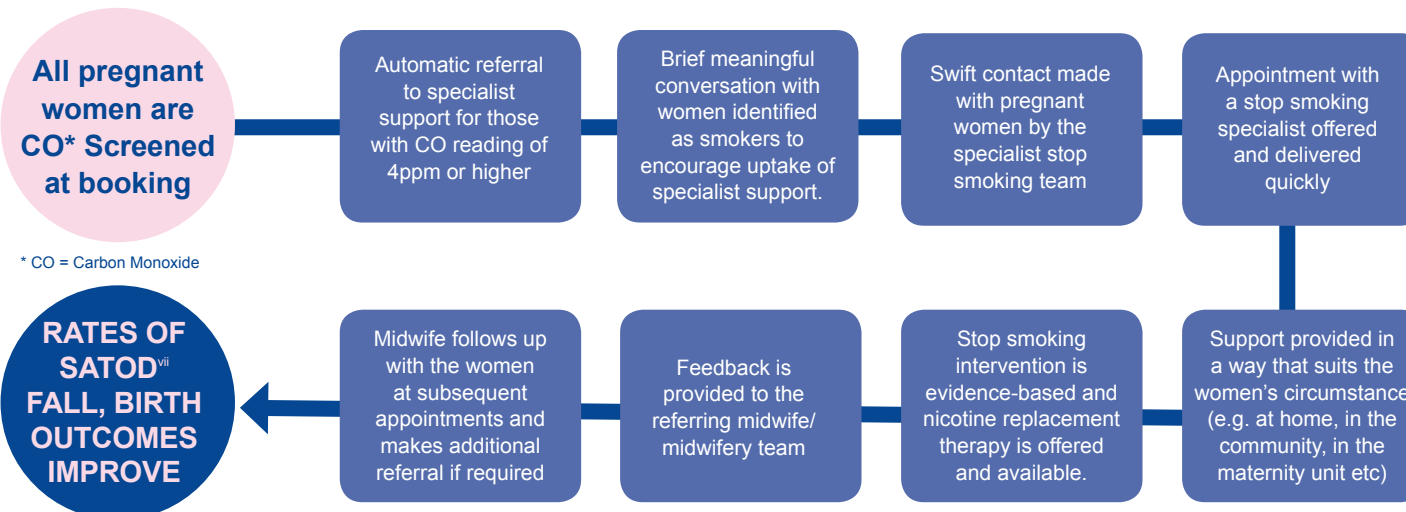
Use NICE evidence on the return on investment for stop smoking interventions^{iv}, support for local implementation of Stillbirth Care Bundle^{vvi}, reducing health inequalities and improving progress towards local SATOD target^{vii}.



LOCAL MONITORING AND EVALUATION

Audit of existing practice against NICE guidance, local tracking of births with poor outcomes and smoking status of woman and household members

WHAT DOES AN EFFECTIVE SMOKING IN PREGNANCY PATHWAY LOOK LIKE?



* CO = Carbon Monoxide

RATES OF
SATOD^{vii}
FALL, BIRTH
OUTCOMES
IMPROVE

i Royal College of Physicians (2010)
ii NICE PH26 (2010)
ii Bell et al (2017)

iii NICE guidance on SIP
iv NICE ROI tool
v Full implementation now contributes to a 10% reduction in the CNST maternity contribution

vi Tobacco Control Plan for England (2017)
vii SATOD = Smoking Status at Time of Delivery

FURTHER RESOURCES ON SMOKING AND PREGNANCY



Smoking in Pregnancy Challenge Group
Public Health England
NHS England

FREE ONLINE TRAINING
National Centre for Smoking Cessation and Training
Royal College of Midwives
E-learning for healthcare (will be available June)

FACE TO FACE TRAINING
National Centre for Smoking Cessation and Training
Tobacco Control Collaboration Centre



LOCAL TRAINING
Local stop smoking service (visit
NHS Smokefree to find your local services)

TRAINING TO SUPPORT EFFECTIVE SMOKING IN PREGNANCY PATHWAY

SYSTEM WIDE ACTION

Achieving a smokefree NHS is everyone's business. Local policy should be to provide ALL staff with a basic understanding of their role in relation to supporting and advising smokers to quit. The following section offers guidance for maternity teams and those working with pregnant women.

INTERVENTION

CO SCREENING OF ALL WOMEN.

Brief meaningful conversation and referral to further support for women with a CO reading of 4ppm or higher

All relevant maternity staff including midwives, obstetricians and MSW's

Key components

- ✓ Basic introduction to 'Ask, Advise, Act'
- ✓ Identifying smokers using CO screening
- ✓ Role modelling conversations
- ✓ How to refer
- ✓ Addressing FAQs

Delivered through

- » Online training module NCSCT
- » Face to face updates in mandatory midwifery training or similar from local providers
- » And/or face to face training dedicated session from national or local provider

Routine practice should be a combination of all three at regular intervals and updates for all.

SPECIALIST STOP SMOKING SUPPORT FOR WOMEN WHO SMOKE

Any staff who will have a specialist role supporting women to quit. This could be a midwife, MSW or other

Key components

- ✓ Trained to NCSCT standard as a stop smoking advisor (link to NCSCT standard)
- ✓ Additional specialist on-line module with focus on smoking in pregnancy
- ✓ Able to provide evidence-based support in line with NICE to support pregnant women to quit and use appropriate stop smoking medications
- ✓ If delivered through external provider assurances should be sought that the practitioners women are referred to are trained to these standards.

Delivered through

- » NCSCT, or other provider that meets required training standards

SMOKINGFREE PREGNANCY CHAMPIONS

Dedicated individual at decision making level with responsibility for ensuring effective local pathways and monitoring activity

Key components

- ✓ In addition to Brief Advice training further understanding of the components of an effective care pathway for pregnant women who smoke
- ✓ May be trained in delivering full stop smoking interventions

Delivered through

- » Commitment and LMS and Trust level to improve and monitor reductions in smoking during pregnancy

