



Solent
NHS Trust

**Solent NHS Trust
Smoke Free Mental
Health Inpatient
Services**

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Solent NHS Trust - Preparing to have Smoke Free Mental Health Wards

In order to implement 'Smoke Free' Inpatient Mental Health Wards it was recognised that a considerable amount of preparation was required.

Joint working was felt to be essential and key stakeholders were identified who included:

Patients and Carers, Clinical staff and clinical leaders, Pharmacy, Public Relations - Communications team, Estates department, Local security management team, Public Health Wellbeing services, and Solent NHS Trust Operations Managers and Directors.

An action plan was created in collaboration with the many stakeholders, but was driven by the needs of Mental Health services and inline with National Guidance.

The key issues within our action plan were:

1. Patients, Staff and Key Stakeholders need to be informed of our plans to go smoke free within our mental health inpatient services from 1st September 2017

Communications regarding this development needed to be sent out to key stakeholders, staff and patients. This was achieved via the following mediums:

- Letters were sent to every person in receipt of care from our mental health services, informing them of the plans
- Letters were sent to all key stakeholders, including GP's and housing providers informing them of the plans
- Statement included on all letters sent to patients from the community mental health teams
- Formal communication to all staff working within inpatient services to inform them of the changes
- Regular meetings, and other forums to discuss with staff.
- Ensuring this development was discussed regularly in patient and carer forums
- Creation of posters and other promotional material that were placed within inpatient units to inform staff, patients and visitors of the change

2. Solent NHS Trust had not implemented smoke free environment within mental health inpatient services before, and we felt that we would benefit from learning from other organisations which had made this change so that we can benchmark our progress

We investigated and learned from other organisations that had implemented smoke free practices so we could benefit from the learning that had been achieved to give this change a greater chance of success. Our benchmarking consisted of:

- Engaging with other organisations which had reportedly implemented smoke free
- Attending webinars and other national support groups for trusts implementing smoke free practices.
- Reviewing smoke free policies implemented within other trusts
- Visited other Trusts who had reportedly implemented smoke free practices

3. In order to support patients who are admitted to the inpatient services who are smokers, the teams needed clear guidance with regard to the Nicotine Replacement Therapy (NRT) products that are available and the implications stopping/reducing smoking may have on the prescription of psychotropic medications

We worked collaboratively with pharmacy colleagues to ensure that the inpatient services were ready to implement smoke free practices. This included:

- Stock provision of a range of NRT products
- Ensuring all nursing and medical staff receive a copy of the following documents:
- NRT inpatient prescribing guidelines
- NRT Flow Diagram
- Smoking Cessation Medical Decision Tool
- Smoke Free Protocol
- Guidance on the use of electronic cigarettes
- Providing prescriber and trained nurse training.

4. Staff working in mental health inpatient services will need to be appropriately trained to support patients who are smokers during their inpatient stay

- The service worked with pharmacy colleagues, Public Health wellbeing services, Solent Lead Health and Wellbeing Nurse and the smoke free lead to identify the appropriate levels of training that the staff team would require. This included how to access the training
- Matrons for inpatient services identified staff to attend the various levels of training eg:
 - Brief intervention
 - NRT prescribing and supporting patients to use effectively
 - National Centre for Smoking Cessation and Training (NCSCT)
- All prescribers and registered nurses received training from pharmacy colleagues on the use of NRT
- The standard set was that 'each of the inpatient areas must have 75% of their staff team trained on an on-going basis' (including temporary agency and bank staff)

5. Mental Health Inpatient Services need to provide clear guidance for staff to ensure that they take a consistent approach with regard to implementing smoke free practices. This will include management of people who wish to leave the ward to smoke, persistent infringements of the smoke free practice and management of any antisocial behaviour or violence or aggression as a result of moving towards smoke free

- A document was needed to support staff with actions they are to take to ensure a consistent approach in implementing smoke free practices.
- ‘Smoke (Tobacco) free Mental Health In patient services. Standard Operating Procedure (SOP)’ was developed.
- This document was presented and discussed at every opportunity, giving both staff and patients the space to share their concerns.

Implementation went ahead on 1st September 2017.

On admission, current smokers are offered a number of options including a range of NRT, education (very brief advice) and e-burn.

In September 2018, the use of e–cigarettes within some indoor spaces was permitted, but we were mindful of not exposing non-smokers from the ‘vapour’ created by some products.

The use of refillable e-cigarettes (tank models) are not permitted within our inpatient services due to the potential risks of unknown substances being added

Negotiation and consultation has taken place to improve access to e-burn for patients admitted to hospital.

The use of NRT and e-burn has been reviewed via a patient and staff survey regarding preferences. The overwhelming preference was e-burn. Our use of e-burn has increased and the NRT usage has reduced (and reduced wastage)

Following consultation a local trader has agreed to stock e-burn to allow easy purchase, for patients who have leave and choose to purchase their own.

Patient information leaflets, informing of the alternatives to tobacco and how to obtain products during admission, have been developed and disseminated.

Work has taken place with our Crisis Resolution Home Treatment (CRHT) team to prepare patients prior to admission, and to continue the support post discharge, this work is ongoing.

Joint working with Public Health Wellbeing services (Portsmouth) and Solent NHS Trust

Solent NHS Trust Mental Health services have been supported by Portsmouth Public Health Wellbeing Service, and have worked collaboratively to drive forward the smoke free agenda, and to support both patients and staff.

The Wellbeing service has continued to support us by providing education and support sessions to mental health services with the aim of:

- Improving advice and support for patients both pre and post admission to hospital
- To strengthen the relationship between inpatient and outpatient services when supporting patients to stop or pause smoking during an inpatient stay and there after
- Improve referral, including access to continuation of smoking cessation support on discharge from inpatient care. This is now an established direct referral via our electronic patient record system.

“ Joint working and agreeing actions, has been essential to implementation and moving forward”

