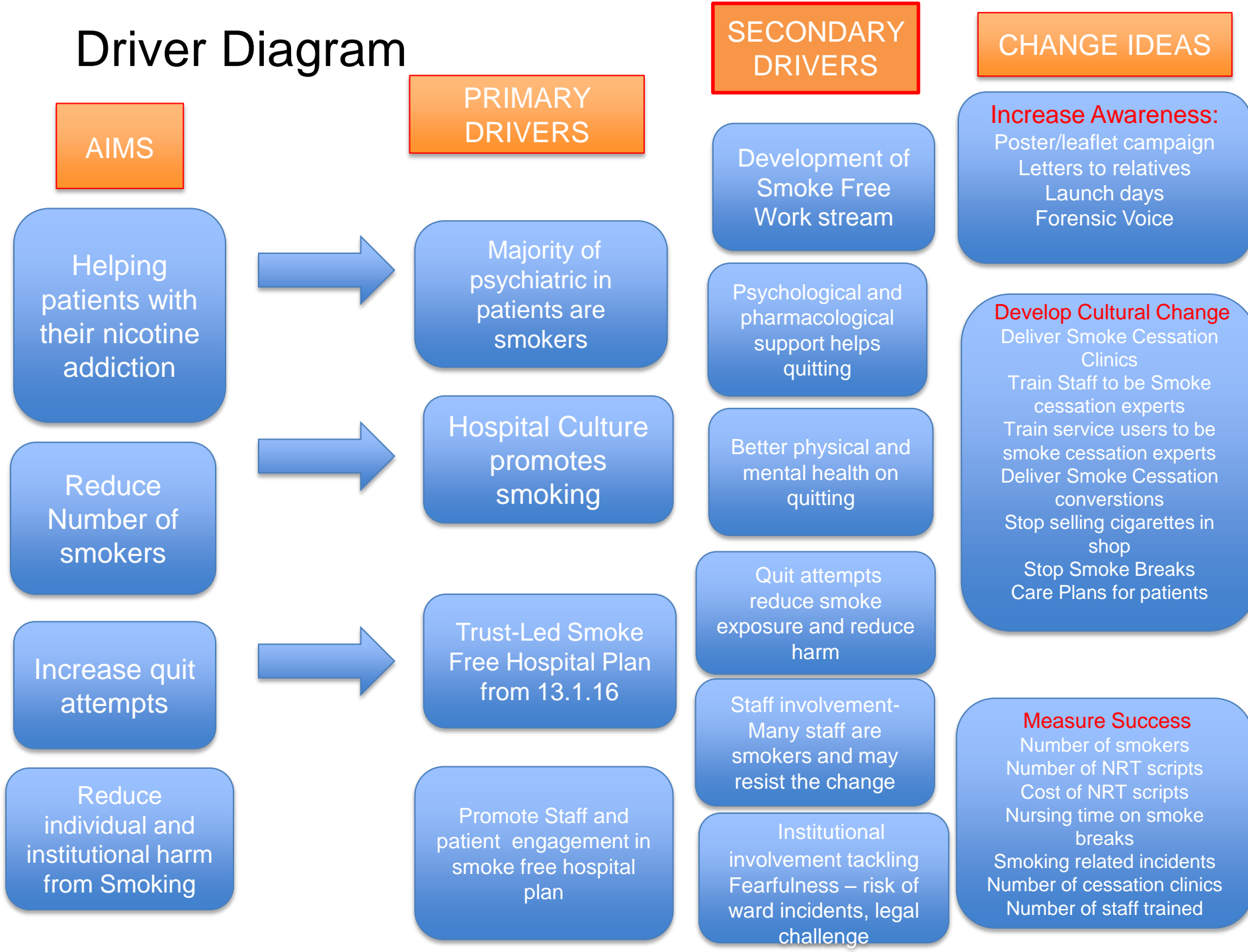


Helping Forensic in-patients with
their nicotine addiction

Sian Llewellyn-Jones

Driver Diagram



Project overview

Difficulties = exercise in persuading people to do something they don't really want to do

Large – 2 sites -152 patients
JHC 80 patients Wolfson

Giving up a very precious thing

Resistance from various angles (eg 50:50 split in Consultant group)

Other secure services have run into expensive legal challenges

Long run-in to project – stop smoke breaks in January 2016

Involves Big culture change – smoking always part of life in psychiatric hospitals



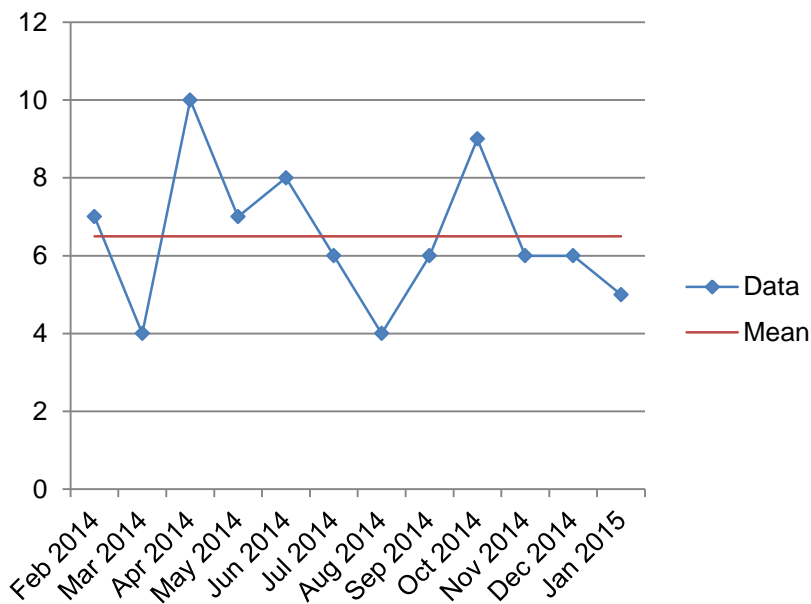
Institutional Disturbance

- Remains a fear
- Patients giving up smuggled in lighters
- Confronting smokers in bedrooms
- Increased searching
- Demanding smoke breaks when they aren't facilitated
- Threatening staff
- Assaulting staff

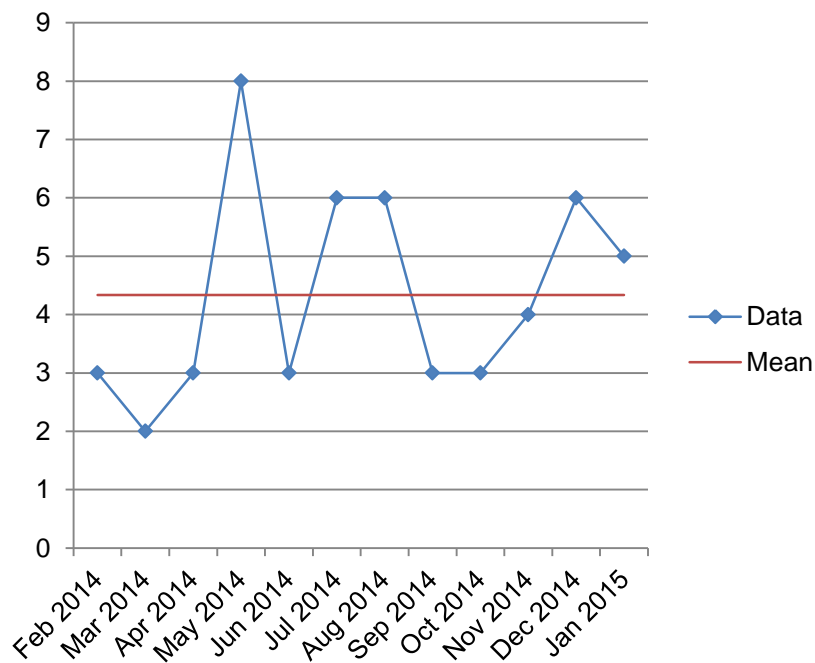


Smoking Related incidents

Incidents of violence and aggression involving smoking/cigarettes - by month - Forensic Services - last 12 months



Smoking in an un-authorised area by month - Forensic Services - Last 12 months



Progress so far:



Awareness

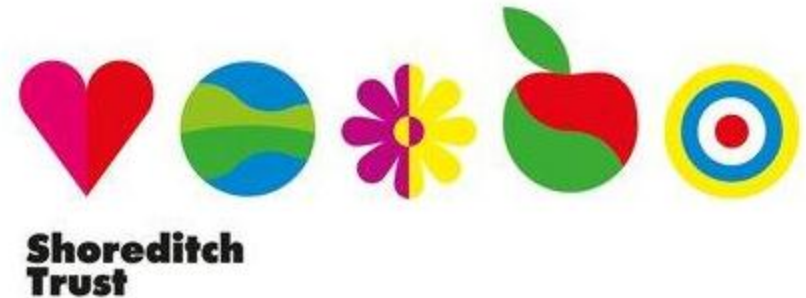
2x launch days at 2 sites

- 2014 - October 15th
- National non-smoking day March 11th
- Poster design/print/display
- Signposting/Guest speakers/ Recovery stories



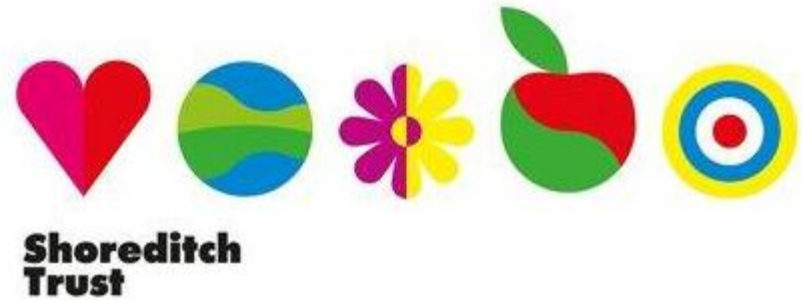
Cultural Change

- Working with Shoreditch Trust
- Weekly Smoke Cessation Clinics at John Howard Centre and Wolfson House
- Between December and March (Initial PDSA)
- 24 altogether (12 each site)
- Results= 10 staff and 7 patients went onto have 1:1 sessions with advisors
- Feedback – on the whole poorly attended



Cultural Change

- Level 2 Smoke Cessation Advisor training (2nd PDSA)
- Shoreditch Trust provided 5 dates for Free Smoking Cessation Advisor Training – takes 1 days
- Group – decided 2 Advisors per ward
- 15 wards in total – need 30
- 20 volunteers so far (none at all from 4 wards)
- Of those 12 done training in April 2015 – more dates to come
- Feedback extremely positive
- Results - 1x Stop Smoking Support group running weekly at Wolfson House
- Wards taking more ownership



Quitters - Measuring Success

- Counting smokers – Jan 2015
- 115 smokers at JHC (75%)
- 60 smokers at Wolfson (75%)
- So far:
- NRT attempts April 2015:
- WH: 7 JHC: 8
- 1 quitter patient = 6 weeks or more without
- 1 quitter staff member

Next Phase

- Further push on training – already more volunteers to become smoke cessation advisors
- Monthly counts of quit attempts
- Galvanise smoke cessation advisors
- Aim for support group on each ward
- Further plan to train service users also