

Helping Forensic in-patients with
their nicotine addiction

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Driver Diagram

AIMS

PRIMARY DRIVERS

SECONDARY DRIVERS

CHANGE IDEAS

Helping patients with their nicotine addiction



Majority of psychiatric in patients are smokers

Development of Smoke Free Work stream

Increase Awareness:
Poster/leaflet campaign
Letters to relatives
Launch days
Forensic Voice

Reduce Number of smokers



Hospital Culture promotes smoking

Psychological and pharmacological support helps quitting

Develop Cultural Change
Deliver Smoke Cessation Clinics
Train Staff to be Smoke cessation experts
Train service users to be smoke cessation experts
Deliver Smoke Cessation conversions
Stop selling cigarettes in shop
Stop Smoke Breaks
Care Plans for patients

Increase quit attempts



Trust-Led Smoke Free Hospital Plan from 13.1.16

Quit attempts reduce smoke exposure and reduce harm

Staff involvement- Many staff are smokers and may resist the change

Measure Success
Number of smokers
Number of NRT scripts
Cost of NRT scripts
Nursing time on smoke breaks
Smoking related incidents
Number of cessation clinics
Number of staff trained

Reduce individual and institutional harm from Smoking

Promote Staff and patient engagement in smoke free hospital plan

Institutional involvement tackling Fearfulness – risk of ward incidents, legal challenge

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



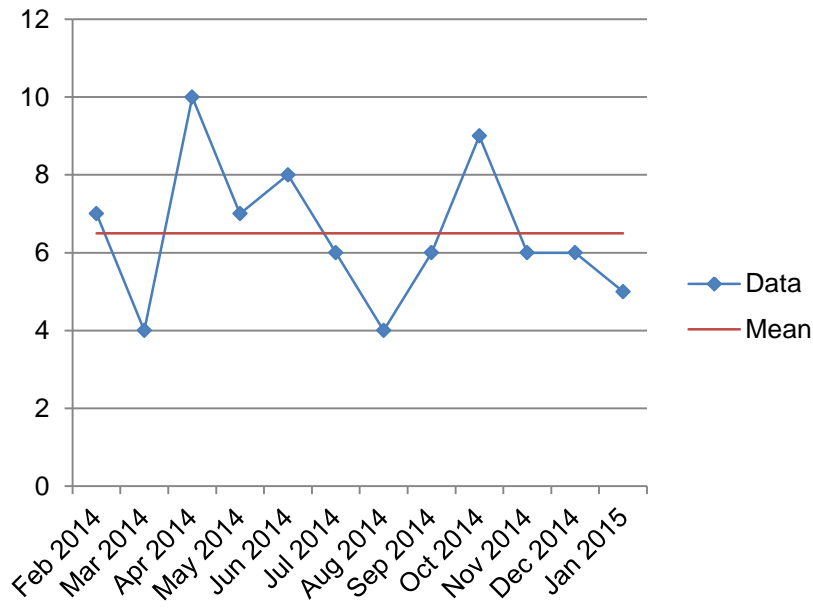
Institutional Disturbance

- 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

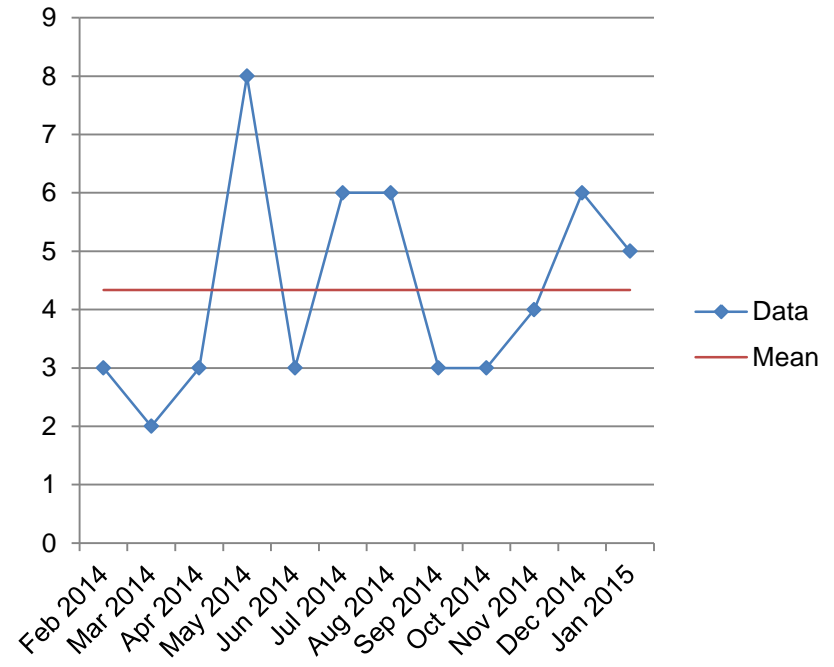


Smoking Related incidents

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

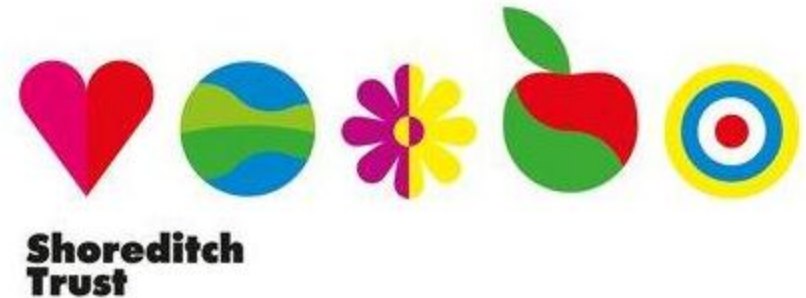
2x launch days at 2 sites

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



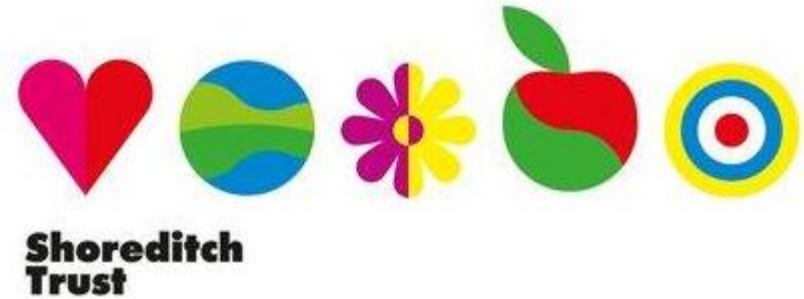
Cultural Change

- 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