

## Innovation in services to help patients stop smoking

### Winner Llandough Hospital, Cardiff

#### **An application by Ian Campbell and Sonja Edwards, Cardiff**

By the middle 1980s we had shown in trials at Llandough Hospital that smoking cessation counselling of hospital In-Patients and Out-Patients with smoking-related diseases produced 20% sustained, validated cessation. The counselling consisted of advice and support weekly for a month, followed by sessions at 3, 6 and 12 months. Patients were contacted by telephone at 2, 5 and 9 months and were in any case encouraged to phone the counsellor (Sonja) for further advice/support at other times. The success rate of 20% was approximately twice the rate achieved in two large BTS trials in the early 1980s, where doctor's advice was followed by Chest Clinic appointments at intervals over the ensuing year.

On that basis we persuaded the management of Llandough Hospital to appoint and fund Sonja to provide a routine service to the patients and staff of the hospital. This was the first ever appointment in UK of an NHS-funded smoking cessation counsellor.

Over the ensuing 20 years we have played a part in persuading other UK hospitals to follow this example, using the results of our

trials and regular audits to drive home the necessity for, and cost-effectiveness of, a service such as ours. Around 60% of UK hospitals now have such services, the number growing every year. We acknowledge the great help given by the Tobacco Committee of the BTS during and after the times we have served.

We have regularly spoken in the UK at SpR Training weeks and at specially set up training days for nurses in Primary and Secondary care.

We have stimulated and worked with the Smoking Prevention Committee of the European Respiratory Society to encourage the development of smoking cessation and training services in Romania and Greece and have presented our work and results at the World Conferences on Smoking.

The idea for an association of smoking cessation practitioners came from us and was initially developed by us during our time on the BTS Tobacco Committee. With the support of the BTS and with Sonja's on-going involvement, the British Association of Stop Smoking Practitioners was officially founded this year.