

Individual and Organisational Strategies in Smoking Cessation

Everyone can get involved in the battle against the huge burden of smoking-related morbidity and mortality, and the injustice of consequential health inequalities, with as little or as much time as you have available.

What could you do as an individual?

In 10 seconds

- Record smoking status on every hospital, contact, admission and in every discharge summary.
- Help support your smoke-free NHS by advising people smoking in the grounds that all NHS grounds are smoke-free premises and by providing information about local smoking cessation services.

In 30 seconds

- Give **Very Brief Advice** - learn how with a 30- minute e-learning module and get a certificate.
<http://elearning.ncsct.co.uk/vba-launch>

Smoking cessation is part of the respiratory training curriculum core competencies so trainees can link this to your e-portfolios.

In 1 minute

- If you are a prescriber prescribe pharmacotherapy for inpatients to aid smoking cessation, or treat withdrawal, in those who want it.

In 10-60 minutes

- Educate your colleagues about the importance and huge benefits of smoking cessation. We have provided a comprehensive set of **Presentation Slides** with accompanying notes
<https://www.brit-thoracic.org.uk/clinical-information/smoking-cessation/>
Please feel free to use some or all of them to tailor a presentation to your audience and time frame.

With a bit more time join BTS and...

- Become a **BTS Stop Smoking Champion**

The BTS launched the **Case for Change** in 2011, with the aim of supporting every hospital in the UK in developing a Smoking Cessation Service. Our Stop Smoking Champions are volunteers who champion Stop Smoking Services, whether it be through demonstrating the financial benefits to their Trust Management Board, empowering staff through education, audit and support, linking primary and secondary care services, and leading the transition to smoke-free NHS premises.

Find out about what Stop Smoking Champions do and whether there is one in your hospital. If not please consider signing up so that you can really help your patients. If there already is a champion, why not become one too and help them with the campaign? To find out more about Stop Smoking Champions check out the **Stop Smoking Champions Newsletter** and the “**Case For Change**” under **Resources** on the Smoking Cessation page of the BTS website, or email: stopsmokingchampions@brit-thoracic.org.uk

Under **Resources** you will also find a link to the **Return of Investment calculator** and guidance notes which help our Champions to demonstrate the benefits of Smoking Cessation in their hospitals.

What should your NHS organisation be doing?

Guidelines

NICE have produced comprehensive guidelines on smoking cessation services in secondary care <http://www.nice.org.uk/guidance/ph48>

The guidelines include recommendations for:

- Inpatient smoking cessation support from trained Stop Smoking professionals, with 4-week follow-up after discharge and/ or referral to community services for follow-up.
- Pharmacotherapy: Varenicline, Bupropion and a range of nicotine replacement therapies should be available on formulary.
- Smoke-free policy, covering all grounds and premises, should be enforced and supported by cessation services
- Each hospital should have a Stop Smoking lead, who may be a **Stop Smoking Champion**

Not only is this great for patients but it also improves the working environment for staff and saves money. Find out more by checking out our Resources on the Smoking Cessation webpage of the BTS website.

Quality Standards

NICE have recently produced a Quality Standard Smoking- reducing tobacco use, for further information follow the link below

<http://www.nice.org.uk/guidance/qs82>

Find out what the BTS position is regarding...

- Legislation and policy, such as plain packaging, taxation and smoking bans in cars.
- Commissioning of services and the services, pharmacotherapies and policies which a supportive smoke-free NHS should adopt.
- How to limit the burden of tobacco consumption on children and young people, those with socioeconomic disadvantage and those with mental illness.
- E-cigarettes
- Harm reduction strategies
- Cannabis and water-pipes

See the **BTS Position Statement** under **Resources** on the Smoking Cessation page of the BTS website.

Interested in research?

Tobacco control and smoking cessation offers a rich variety of research opportunities. Check out some of the exciting and ground-breaking research which is currently being undertaken, and UKCTAS postgraduate study modules.

- UK Centre for Tobacco and Alcohol Studies
<http://www.ukctas.ac.uk/ukctas/index.aspx>
- BMJ Tobacco Control journal
<http://tobaccocontrol.bmj.com/>
- Tobacco Control Research Group
<http://www.bath.ac.uk/health/research/tobacco-control/>

Examples of Current Research Projects

- The Cessation in Pregnancy Incentives Trial (CPIT): A phase II randomised controlled trial
<http://www.ukctas.ac.uk/ukctas/what-we-do/featuredprojects/cpit.aspx>
- Evaluating longer term outcomes from NHS stop smoking services (ELONS)
<http://www.ukctas.ac.uk/ukctas/what-we-do/featuredprojects/elons.aspx>

Find out about some of our key partners in our mission to eliminate the burden of tobacco:

ASH - Action on Smoking and Health

- <http://www.ash.org.uk/>
- <http://www.ashwales.org.uk/>
- <http://www.ashscotland.org.uk/>
- <http://www.ash.ie/>

Smoke-free Action Coalition

- <http://www.smokefreeaction.org.uk/>

British Lung Foundation

- <http://www.blf.org.uk/Home>

National Centre for Smoking Cessation and Training

- <http://www.ncsct.co.uk/>

RCP Tobacco Group

- <https://www.rcplondon.ac.uk/topics/tobacco>

UK Centre for Tobacco and Alcohol Studies

- <http://www.ukctas.ac.uk/ukctas/index.aspx>