

# Implementation of a Smoke Free Trust

## Members Meeting March 3rd 2015





# Presentation Outline

- Policy overview
- Journey to implementation
- Stop Smoking Services
- Addressing challenges



# Five Year Forward View

- Supporting users to make healthy lifestyle choices

# NICE Guidance Smoking cessation in secondary care:

## Changes to treatment of tobacco addiction

- Identify people who smoke, offer and arrange support
- Create clinical pathways for provision of tobacco dependence treatment
- Integrated stop smoking support
- Staff training
- Support for staff who smoke

## Changes to the environment & behaviour of staff

- Implement a comprehensive smoke free policy that includes grounds
- Ensure there are no designated smoking areas
- No exceptions for particular groups
- No staff supervised or facilitated smoking



# GSTT's Journey so far

- March 2005 to 2007
- Board approval of staff policy October 2013
- Jan 2014 – No smoking policy for staff implemented
- 2014 work commenced on policy for patients & visitors



Launch of Trust Smokefree Policy  
19<sup>th</sup> June 2015

100 day countdown

Launch smokefree communication strategy,  
March 11<sup>th</sup> 2015 – How can we Help

Texting service  
Switchboard  
Staff information  
Radio  
Social Media  
Local Press  
Welcome pack  
Signage  
Letters  
Patients, Staff  
Contractors, Visitors  
Written into contracts

COMMUNICATION

Motivational  
interviewing  
Roadshows  
E-learning

TRAINING

Protocols  
Policy  
Nicotine  
replacement  
Information cards  
Posters  
Champions  
Extra security/  
Smokefree wardens

ENFORCEMENT

# What are Stop Smoking Services?

- All boroughs have a Stop Smoking service
- GSTT have three services:
  - Lambeth Community Service
  - Southwark Community Service
  - Acute Service (across both hospitals)

# What is offered?

- 1:1 support in a variety of locations  
(including pharmacy and GP)
- Group support
- Pharmacotherapy
- Behavioural Support Therapy
- A tailored package, 6 weeks or longer



# Pharmacotherapy

- Nicotine Replacement Therapy (NRT)  
(9 different products)
- Champix (Varenicline)
- Zyban (Bupropion)

# Behavioural Support Therapy

- Motivational Interviewing
- Psychological aspects of smoking
- Identifying triggers
- Coping mechanisms
- Looking at habit
- Planning a quit date
- CO monitoring as a motivational tool

# Addressing Challenges

- Guy's and Kings College London
- Patients, parents and visitors at St Thomas' Hospital and Evelina London Children's Hospital
- Bridge and Entrances



**Any Questions?**

Thank you.