



NHS GG&C Mental Health Service Hospital Cessation Service Guidance

Important Note:

The Intranet version of this document is the only version that is maintained.

Any printed copies should therefore be viewed as 'Uncontrolled' and as such, may not necessarily contain the latest updates and amendments.

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Replaces previous version: [if applicable]	NHS GG&C Mental Health Service Hospital Cessation Service Guidance 2017

Introduction

The Scottish Government have made a commitment to reduce smoking in Scotland to less than 5% by 2034. The prevalence of smoking amongst mental health (MH) service users averages 50-56% in hospital settings and compares poorly against the general population prevalence in Scotland of 17%.

The provision of a cessation service for patients and staff in our MH hospitals meets the NHS GGC obligation to make health improvement services accessible to this disadvantaged client group and supports the NHSGGC Smokefree Policy.

Scope

This guidance applies to Quit Your Way employees whose role it is to provide support to MH hospital in patients and staff who wish to stop smoking.

Roles and responsibilities

Quit Your Way employees who fulfil the role of Advisor in MH hospitals, are expected to follow the guidance herein, collect data for ISD and work with partnership agencies such as pharmacies, community services etc as required.

Body of Policy or Procedure

Smoker is admitted to hospital ward – see Standard Operating Procedure: Management of NHS Greater Glasgow & Clyde Smokefree Policy within Mental Health Inpatient Areas

Smoker is motivated to stop using tobacco and needs support – see process below:

Step	Process	Time frame
1	Ward staff/patient refer motivated smoker by phoning 211 6564 or by emailing Quityourway.mentalhealth@ggc.scot.nhs.uk	
2	Quit Your Way advisor arranges assessment appointment	Immediately or next working day
3	Advisor assesses smoker's readiness to quit and agrees plan with smoker. Quitter and advisor agree product use and support required. Advisor arranges supply of pharmacotherapy and notes outcome of assessment in patient's notes on EMIS, unless quitter is a member of staff. Assessment is verbally discussed with staff members at time of assessment. If a clozapine patient makes a quit attempt, Advisor will highlight in patients notes on EMIS that there is a clinical need for care team and pharmacy to monitor clozapine serum levels and make reference to	Within 3 working days of receipt of referral

Step	Process	Time frame
	the MHS clozapine plasma monitoring guidance.	
4	Outcome of assessment recorded on ISD, including whether a clozapine patient.	Within 4 working days of assessment
5	Advisor monitors carbon monoxide (CO) level and continues to note progress in patient's notes on EMIS for the duration of quitter's support period (usually 12 weeks)	weekly
6	Four-week outcome recorded on ISD with CO reading	4 weeks after quit date
7	Twelve-week outcome recorded on ISD with CO reading	12 weeks after quit date
8	If patient goes home on temporary pass whilst on a quit attempt, ward staff are responsible for ensuring continuing supply of NRT for duration of absence from ward (see Standard Operating Procedure: Management of NHS Greater Glasgow & Clyde Smokefree Policy within Mental Health Inpatient Areas)	
9	If patient is discharged home during 12 week support period, advisor gives the patient a pharmacy request booklet to be presented to local pharmacy service for continued supply of product and offers patient a choice for continued support: - telephone support from hospital Advisor until end of support period - support transfer to local community drop-in services - both of the above if required	
10	Completion of quit attempt – completion certificate given to successful quitter	After 12 weeks smokefree

5. Review

This guidance will be reviewed every 3 years and when legislative changes necessitate a review, whichever is sooner.

6. References

A Guide to Smoking Cessation in Scotland (3 July 2017), Health Scotland or click [here](#)

A *Communication and Implementation Plan*

This policy forms part of a Quit Your Way Advisor's key objectives

B *Monitoring*

This guidance will undergo continuous review by the service team.

C *Impact Assessment*

EQIA due to be carried out 2021