

Smoking Cessation in the Acute Medical Unit, Hull Royal Infirmary

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Introduction and Aims

Smoking carries significant risk of increased morbidity and mortality. At present 30% of Hull's population are identified as smokers and smoking is thought to contribute to 40 deaths a month.

Smokers are four-times more likely to quit following health-care intervention and current evidence-based national guidelines recommend the following to help patients stop smoking;

1. Very brief intervention
2. Nicotine replacement therapy
3. Onward referral to a smoking cessation service

We chose to focus on the Acute Medical Unit in Hull as it is responsible for seeing the majority of medical admissions in the trust. We are also fortunate to have smoking cessation advisors currently already in place in Hull.

The aim of our project was to assess practice in offering smoking cessation services; identify areas for change; to improve access and use of smoking cessation interventions.

See *figure 1* for our study design.

Current situation

Review of 61 case notes throughout November 2017 revealed:

- 20% of patients were identified as smokers, whilst 30% had unrecorded smoking status.
- No patients were offered referrals, prescriptions, or smoking cessation interventions (documented or referrals received by the smoking cessation team)

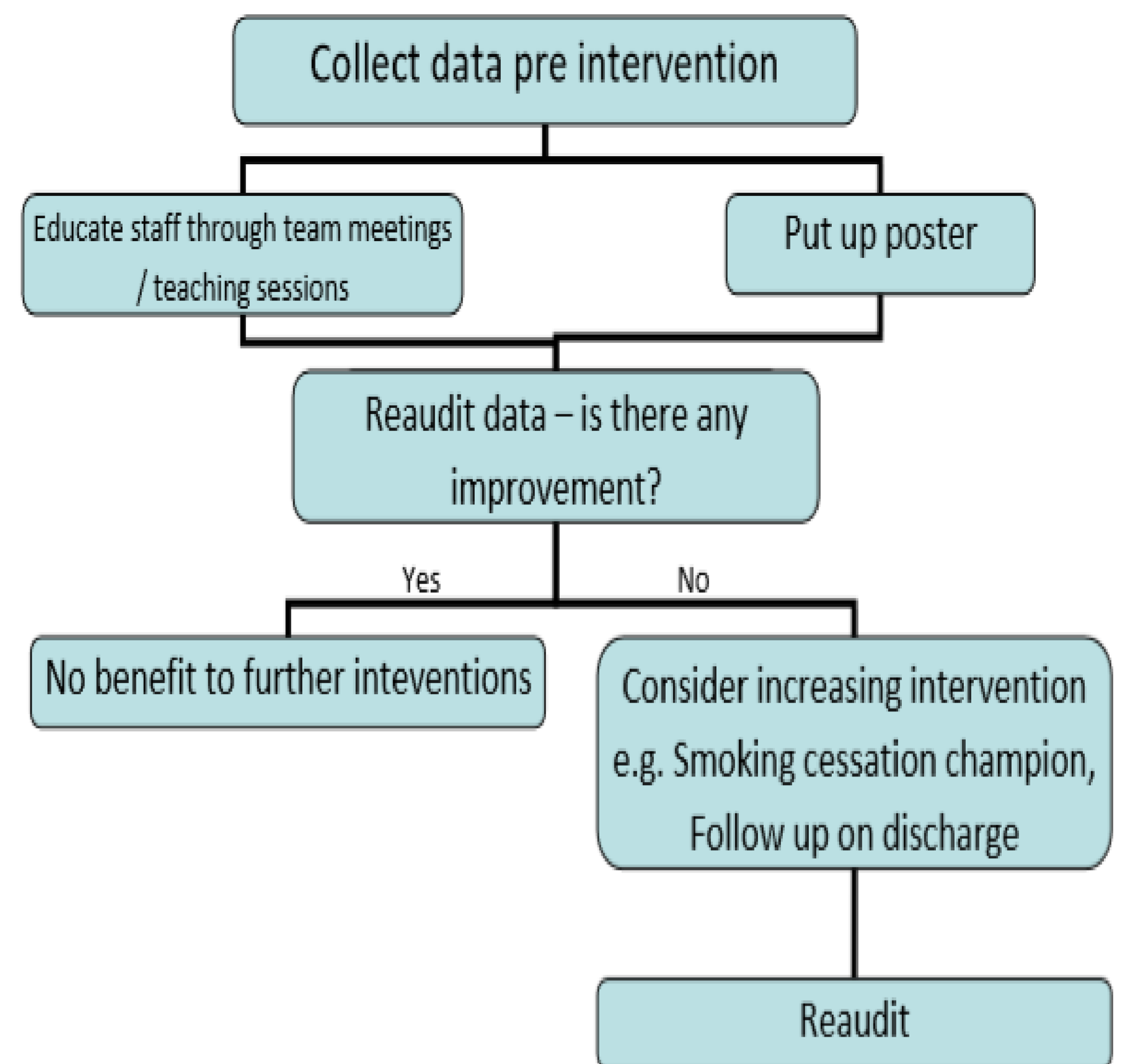


Figure 1 – Showing the methodology of our project

Intervention

We implemented the following changes to improve smoking cessation:

1. A5 referral form to Stop smoking advisors
2. Posters for Very Brief Interventions
3. Simplified NRT prescription to single patch

Impact of our intervention

Between December to March 2018, four additional referrals to smoking cessation services were observed.

Challenges

We identified the following reasons why we observed little change;

- Difficult to change behaviour
- Not deemed a priority on an acute admissions ward
- Limited involvement with AMU Team
- Other priorities of team

Moving forward – possible options

Futures changes which may lead to success:

- Increased engagement with team
- Regular educational sessions on the ward
- Form in the clerking booklet

