

Smoking Matters



Winter Edition 2018/19

Bath & North East
Somerset Council

Bath and North East Somerset –
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Welcome to the Winter Edition 2018/19 of Smoking Matters where you will find all of the latest information, support and top tips on everything to do with Tobacco Control. In this edition you can expect to find top tips and advice on how to start the New Year well and get patients, clients and service users motivated, engaged and inspired to make 2019 the year of going smokefree! You will also find the latest information around Smokefree NHS and what this means for staff, patients and visitors across all our NHS sites throughout B&NES. Also included is a maternity update and as always, live links where you can find up-to-the minute digital advice and support.

Stop Smoking Support

Our Stop Smoking Service is a free confidential service offering support and advice to local smokers who either want to stop smoking or to cut down the amount they smoke. This service is for smokers aged 12 years and over who live or work in Bath and North East Somerset. We also offer support to pregnant smokers through our Health In Pregnancy Service and advice for anyone wishing to use an e-cigarette.

Our service offers free local support through individual, face to face or telephone consultations. This support can include help to either stop smoking completely, cut down gradually prior to your quit date or cut down to reduce the harm from your smoking. We are a completely E-cigarette friendly service and will happily support you with your chosen E-cigarette. When you get in touch, one of our friendly and fully trained health improvement practitioners will talk to you about your options and help you create a plan to reach your goal.

The specialist service runs a number of drop-in sessions in various community venues throughout Bath and North East Somerset – please see our list of [clinics](#) and drop-in times. If you access support from the specialist Stop Smoking Service you are 4

times more likely to quit and stay quit.

We provide a range of stop smoking medications to help you to quit, including nicotine replacement therapy or Champix tablets (please note that prescription charges may apply).

You can choose to access support and advice to stop smoking at your GP practice or at most of the pharmacies in Bath and North East Somerset which have a trained advisor. Please contact us for details. For helpful advice and information on stopping smoking, you can also visit NHS Smokefree.

New Year, New You! Top tips for anyone wanting to stop smoking...

- ✓ Think about switching to an E-cigarette
- ✓ Remember all of the reasons why you are quitting
- ✓ All that extra money – check out the Smokefree NHS calculator [here!](#)
- ✓ Keep busy and try and try a new routine

For more top tips – [click here!](#)

Smoking Pathway & How to Refer

Referral Form: [CLICK HERE!](#)

Ask

- ✓ Establish and record smoking status
- ✓ E.G. “How do you feel about giving up smoking?” and / or “What would it take for you to stop smoking?”

Advise

- ✓ Stopping smoking is the single, best thing you can do to improve your health.
- ✓ The best way of stopping smoking is with a combination of medication and specialist support.
- ✓ “How do you feel about me referring you today?”

Act

- ✓ Build confidence and use open ended questions to encourage a positive and encouraging conversation.
- ✓ E.G. What part of stopping smoking do you think will be the most difficult?
- ✓ Explain that the most effective treatment is Champix (Varenicline), or a combination of NRT products (the patch to give a constant supply of nicotine, topped up with one of the faster acting products, such as the mouth spray, strips or lozenges).
- ✓ Smokers who have tried other methods of quitting without success can be encouraged to try e-cigarettes to stop smoking (see guidance). E-cigarettes are not available on prescription.
- ✓ Refer to the local NHS Stop Smoking Service.
- ✓ On discharge notes, let the GP know if NRT has been used and if any follow up support and prescription is needed.

E-cigarettes Join the Movement!



Health professionals are considered a reliable source of information by smokers and so it's extremely important that they feel confident in providing patients with the knowledge and clinical guidance to ensure that their advice is evidence-based and effective. The National Centre for Smoking Cessation and Training (NCSCT) has therefore developed a detailed **training course** (free of charge) to assist health and social care professionals, to support people who want to use e-cigarettes (vaping) to help them to quit smoking.



The principles of E-cigarettes

Are considerably safer than smoking cigarettes

Have a role to play in reducing smoking rates

Are popular with smokers

Doctors don't know whether they should encourage smokers to switch to E-cigarettes...

A study presented at the 2018 National Cancer Research Institute Conference in Glasgow has found that approximately a third of medical professionals would not recommend e-cigarettes to smokers, with a quarter unsure if they are any safer than smoking.

We know that smoking increases the risk of treatment complications, disease recurrence, and the development of further tumours, increasing the risk of death. The researchers from Oxford Brookes University surveyed over 500 cancer specialists, GPs and nurses

and found more than half said they did not know enough about vaping to make recommendations to their patients.

Martin Dockrell, PHE's tobacco control lead, said: "E-cigarettes aren't risk free but they are far less harmful than tobacco and it's important for healthcare professionals to talk to patients about this. That's why as part of our NHS Smokefree campaign, we're encouraging professionals to take free, online courses offered by the National Centre for Smoking Cessation and Training."



Source: Telegraph, 6 November 2018

Useful Facts about E-cigarettes

95%

E-cigarettes are significantly less harmful than smoking – PHE estimate 95% safer

Electronic cigarettes deliver nicotine in a vapour rather than in smoke

In the UK the devices are used primarily as an aid to cutting down or quitting smoking and evidence suggests they compare favourably with other stop smoking aids

Unfortunately millions of smokers have the impression that E-cigarettes are at least as harmful as tobacco

In the UK there is no evidence that use of electronic cigarettes leads to a take-up of smoking

E-cig and Pregnancy Update

The E-cigarette and pregnant women pilot programme started at the beginning of October and has got off to a very positive start. Any pregnant women who are smoking at their booking appointment are automatically referred to HIPS (health in pregnancy team) where they are contacted and offered a stop smoking intervention that involves up to 12 weeks behaviour support and for the first time a choice of treatment, including the option of an E-cig. Women can now choose to receive Nicotine Replacement Therapy, the E-cig or a combination of both as part of their quit attempt, which is provided by the HIP's team, free of charge.



Dawn Powell is part of the Health in pregnancy team and supports women to stop smoking during their pregnancy. She has answered the following questions exclusively for this latest edition of Smoking Matters.

Q: How is the offer of a free E-Burn supporting pregnant women to stop smoking?

A: Women much prefer the realism of the E cig compared to other NRT. They seem to be well received despite clinical appearance, which may not be a selling point

Q: What do you think this pilot study will do to change smoking behaviour amongst pregnant women?

A: It offers an opportunity to women who are living on a low income as they feel unable to spend a lot of money in one go on a E-cig/ Vape starter kit. The nicotine from the E-cig is enough to satisfy the heavy smoker they report it is much closer to a cigarette as it hits the back of the throat.

Q: What's going well so far with this pilot programme?

A: The E-cig is the most popular choice when offering NRT as it's something else to offer. We are instantly able to supply the women which cuts out the "not been able to get to the chemist!" Also we are able to give them instructions and be there on the first time of using if they choose

Campaigns!

Smokefree NHS Countdown

From Tuesday 1 January 2019 all NHS sites and services across Bath & North East Somerset, Swindon and Wiltshire will become completely tobacco and smoke free. By the beginning of January, patients, staff and visitors (including contractors and suppliers) will no longer be able to smoke anywhere on NHS sites, including the grounds and gardens or in vehicles and car parks. There will no longer be dedicated smoking areas on sites. However, the use of e-cigarettes will be allowed in outside areas. Avon and Wiltshire Partnership (AWP) Mental Health Trust is leading the way having gone completely smoke free across all their sites in November 2017. They have already seen benefits including staff quitting nicotine completely or switching to e-cigarettes and inpatients needing less medication directly as a result of their abstinence whilst in hospital.

The RUH has recently demonstrated great leadership on this agenda by signing up to the NHS Smokefree Pledge and increasing its stop smoking support to patients by putting trained 'healthy choices' advisors on wards.

Virgin Care have surveyed their colleagues, visitors, patients and suppliers and results

revealed that 81% did not consider it acceptable to smoke on NHS sites "because of patients' health" and "second hand smoke to patients" with most thinking the policy was a "good idea" and a "very positive step".

Staff at the RUH, AWP and Virgin Care need our help in ensuring compliance with the policy so please support them by raising awareness amongst your clients who smoke that if they have a hospital appointment in the New Year or are going to visit someone at hospital then be prepared to stub out the tobacco before they go or alternatively get some support to quit for good or switch to vaping by calling our healthy lifestyle team on **0300 247 0203** or **[BATHNES.thehub@virgincare.co.uk](mailto:thehub@virgincare.co.uk)**



Smokefree NHS FAQs

Why are you going completely smoke free?

We are health promoting organisations and are committed to protecting and improving the health and wellbeing of all patients, visitors and staff. Going completely smoke free will help us to achieve this aim.

Our decision to go smoke free is in line with The Health Act (2006) and The National Institute for Health and Care Excellence (NICE 2013) guidelines which state that all hospital sites, including mental health hospitals, should be 100 per cent smoke free.

Where/What is included in the policy?

- All buildings e.g. offices, hospitals, health centres, cabins and staff residences including communal areas
- All vehicles e.g. pool cars, lease and privately owned cars, light and heavy goods vehicles
- All grounds e.g. gardens, walkways, car parks, staff residential communal areas

Does the policy apply to car parks?

Yes, the policy is for the whole site including car parks, footpaths and roadways

Don't staff and patients have a right to smoke?

B&NES, Swindon and Wiltshire STP is not banning people from smoking. It is asking smokers to comply with its policy by refraining from smoking and tobacco use on its premises. It is not an infringement of a person's human

rights for the STP to be smoke free. The STP's position is supported both in law and by the NHS.

Frequently asked questions about E-cigarettes (Patients/Visitors/Staff) Are e-cigarettes safe?

Using e-cigarettes is significantly safer than smoking. E-cigarettes heat a liquid containing nicotine into an aerosol for inhalation. Nicotine is not harmful to adults taken in the correct dosage. Public Health England and the Royal College of Physicians agree that, whilst not completely risk free, using e-cigarettes is significantly safer than smoking and the vapour released from e-cigarettes poses no measurable risk to bystanders.

Can I use my e-cigarette to vape on trust/provider grounds?

Yes. Based on the best evidence currently available the Trust/provider will allow the use of e-cigarettes in outdoor areas.

Whilst there won't be designated areas for vaping we ask that you take others into consideration by not vaping in front of open windows and in doorways for example.

Will I be allowed to charge my e-cigarette on the ward?

No. The trust/provider will not be allowing patients, staff or visitors to charge e-cigarettes on trust/provider premises.

Are staff allowed to use e-cigarettes whilst on duty?

Yes. Staff will be supported to stop smoking whilst on duty. If staff choose to use an e-cigarette as a way of cutting down or quitting smoking then they will be able to use these in their breaks.

Campaigns!



Smoking in Work Vehicles

The Law

The Health Act 2006 (as amended) bans smoking in company vehicles that may be used by more than one person. This includes HGV, LGV, buses, vans, taxis, company cars and private vehicles used regularly for business purposes.

Penalties

Anyone caught smoking in company vehicles faces a £50 fixed penalty fine or court action with a fine up to £200 and a conviction. Employers also have a duty to prevent smoking in vehicles designated smoke free. They are required to take all reasonable steps to comply with the law and failure to do so can result in a maximum fine of £2500.

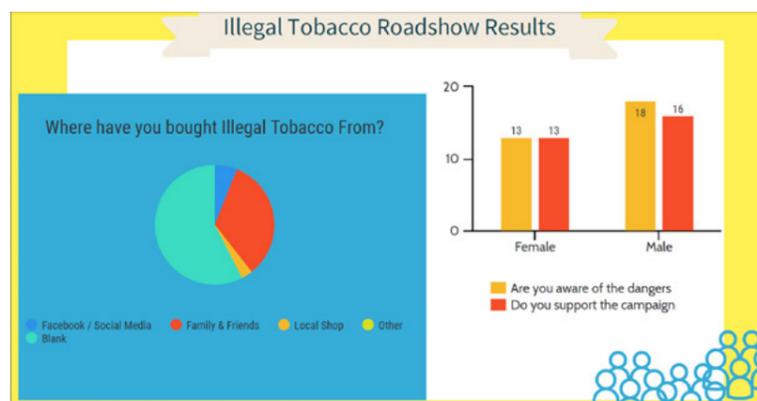
In addition, employers must ensure no-smoking signs are displayed in each compartment of company vehicles that can accommodate people. Failure to do so can result in employers being fined up to £1000. As a minimum, signs must contain the international no-smoking symbol in colour and measure at least 70mm in diameter.

How to Comply

To avoid non-compliance with the law it is recommended that all company vehicles are designated smoke free and that employers make it clear to employees they operate a smoke free policy. Ashtrays should be removed from vehicles, statutory signs displayed and regular checks should be carried out for the presence of tobacco products or smell of smoke.

Illegal Tobacco

We've run two roadshow events so far during our illegal tobacco campaign. Both have been supported by Regional and local Trading Standards officers alongside colleagues from our local Stop Smoking Service. Lots of engagements took place with members of the public and from that we have received two key pieces of local intelligence about illegal tobacco activity within B&NES.



Training Opportunities!

Stop Smoking Service training dates 2019

Refresher / network update sessions

Date	Venue
Monday 4th March, 2019	TBC

All trained Stop Smoking Advisors must attend at least one Refresher/ Network Session annually to be able to deliver stop smoking support locally.

One Day Stop Smoking Service Advisor Training Day

Date	Venue
Monday 25th February, 2019	TBC

New one day training for anyone interested in becoming a Trained Stop Smoking Service Advisor. To circulate to all interested people in Surgeries, Pharmacies, Hospitals, Dental Surgeries etc.

To book or find out more information please contact the Stop Smoking Service on:

T: **0300 247 0203**

E: BATHNES.thehub@virgincare.co.uk

MECC Training

Making Every Contact Count (MECC) is about making the most of the opportunities to make a difference to people's health and wellbeing. By supporting people to make changes to their lifestyles it is possible to prevent ill-health, improve health and wellbeing and reduce health inequalities.

It lets individuals and organisations develop a different way of working with people to address health and wellbeing. Telling people what to do is not the most effective way to help them change. MECC is about altering how we interact with people through having healthy



conversations and learning how to spot opportunities to talk to people about their wellbeing.

The MECC training programme is accredited by the Royal Society of Public Health and consists of two half day sessions to develop the skills and confidence to implement this approach and an e-learning resource to cover the knowledge base for MECC.

Please see the following links for up-and-coming courses.'

- [January MECC Dates](#)
- [February MECC Dates](#)
- [March MECC Dates](#)

Training Opportunities!

Tobacco Control Workshop

Covers the following topics:

- ✓ **Illegal Tobacco**
- ✓ **E-cigarettes**
- ✓ **Smoke Outside (Smokefree Homes)**
- ✓ **Brief Intervention**

This training can be tailored to individual teams / organisation's needs. It provides teams with an opportunity to refresh your skills in motivational interviewing as well as providing a really good overview of Tobacco Control, the campaigns and latest updates. Contact Ruth Sampson to organise training for your team.

Please contact Ruth Sampson:
ruth_sampson@bathnes.gov.uk
01225 39 4066

Contact information

Stop Smoking Service / E-cigarettes

Telephone: **0300 247 0203**

Email: **BATHNES.thehub@virgincare.co.uk**

Website: **www.virgincare.co.uk**

Virgin Care

Email: **BATHNES.thehub@virgincare.co.uk**

Website: **www.virgincare.co.uk**

Twitter: **@HealthyBaNES**

Facebook: **Search for Healthy Lifestyle**

Campaigns Contact Info

Telephone: **01225 394066**

Email: **ruth_sampson@bathnes.gov.uk**

Website: **www.bathnes.gov.uk/services/public-health**

Interactive Resources:

- **NCSCT E-cigarette training course**
- **NCSCT Very Brief Advice (VBA)**

Hot off the press; Royal College of Psychiatrists Position Statement:

The Royal College of Psychiatrists recently published a new position statement on: The prescribing of varenicline and vaping (electronic cigarettes) to patients with severe mental illness

This Statement provides advice to support the prescribing of varenicline for people with severe mental illness and highlights that e-cigarettes are a significantly safer option for smokers than continuing to use tobacco and that they have been effective in supporting some people to quit smoking entirely.

You can read the full position statement [here](#).



Join the conversation, tweet us **@bathnes** or find us on Facebook, just search for **Bath and North East Somerset Council**.