

## Flash Report 2022/2023

**QUIT YOUR WAY**  
with our support

The NHS Lanarkshire Quit Your Way (QYW) service, offers residents who smoke 12-weeks behavioural support & free Nicotine Replacement Therapy (NRT) via the Specialist and Community Pharmacy services.

New MNAAT  
launching in  
2023

### Hospital Referrals

- 7,883 people were admitted to hospital with smoking related illnesses in 2020/21.
- Patients who smoke that are in hospital can get support, nicotine patches, gum and lozenges to help them to stop smoking and manage withdrawal symptoms.
- Patients who smoke can be referred to the Quit Your Way Service by all members of staff.
- A new *Management of Nicotine Assessment Tool* (MNAAT) for acute staff to refer patients to QYW will be launched in 2023.

Training for  
over 30 staff  
members

### Pregnancy

#### Induction Training

Induction training took place with 27 newly qualified midwives and 3 neonatal nurses who were starting in NHS Lanarkshire to increase awareness of the Quit Your Way Pregnancy Service.

Quit Your Way awareness sessions were delivered to pregnant and postnatal women at:

- Bear Necessities, Airdrie
- Healthy Valleys, Clydesdale
- Cambuslang Family Centre



Training for  
89 student  
midwives

Smoking in pregnancy training took place at the University of West of Scotland. 89 student midwives attended.

#### Evaluation comments:

- Very informative, so important for us to help support women.
- Today has been fantastic, I have learned so much.
- Valuable, interesting and informative.

#### Alexandra Usurelu who successfully quit smoking with Quit Your Way:

“I wanted to quit smoking because I was pregnant and my baby could be born smaller, because cigarettes are expensive and because I wanted to be healthier. “I found out about Quit Your Way through my midwife during my second pregnancy and I’ve now been smoke-free since having my baby.”



34 staff  
registered

### Smoke Free App

We partnered with Smoke Free, to provide all staff who smoke with free access to the Smoke Free App, which can be downloaded to their mobile phone.

34 staff  
members  
registered.



### New Staff Referral Method

New self-referral card launched for staff to show patients who smoke. The patient then scans, enters contact details and self-refers to Quit Your Way. Distributed to Health Visitors, Respiratory Departments, Treatment Rooms, Cardiac Nurses, Day Surgery Endoscopy and Hairmyres Outpatients.

44 Pharmacy Staff received training

## Pharmacy

### Training

Pharmacy training is aimed at all Community Pharmacy staff who are involved in the day-to-day delivery of the stop smoking service.

**44 pharmacy staff have received training throughout 2022/23.**

### Promotional Stalls

The team supported various pharmacies to run their own Quit Your Way promotional stalls to raise awareness of the community pharmacy service. 7 pharmacies ran a stall, with resources from the QYW team to supply to residents.



### Pharmacy worker wins award for supporting people to quit smoking

Pharmacy worker Lisa O'Neill, from Motherwell, was recognised at the pharmacy magazine 'Training Matters' Awards, where Lisa won the Service Excellence Award due to her amazing efforts in supporting local residents to quit smoking. [Find out more.](#)



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7467 Facebook engagements

## Cost of Living

NHS Lanarkshire, NHS Greater Glasgow and Clyde and NHS Lothian joined forces to support people who wish to quit smoking by launching a new campaign focusing on the harmful effects smoking has on people's health and bank accounts.

### Social media Engagement:

- Facebook – 7467 engagements
- Twitter – 118 engagements
- Instagram – 16 likes

[Read more about the campaign.](#)



## Mental Health

Consultations were carried out with mental health clients to determine what they would like from the QYW mental health specialist service. 16 service users and 6 mental health professionals and support workers were engaged with through interviews and focus groups by the team and a commissioned partner organisation. The purpose of this engagement was to understand the barriers and facilitators to accessing stop smoking support, in order to understand opportunities for improving referrals to our specialist mental health Quit Your Way service.

Since the COVID 19 pandemic, the QYW Stop Smoking Service adapted its model of support by providing weekly telephone behavioural support and home delivery of NRT products. This was in line with guidance provided by the National Centre for Smoking Cessation and Training (NCSCT), Public Health Scotland and Scottish Government. Health Improvement colleagues who had completed NCSCT training continued to support the QYW Advisers by delivering telephone behavioural support to clients. For more information contact Jackie MacDonald, Quit Your Way, Team Leader. Email: [Jacqueline.macdonald@lanarkshire.scot.nhs.uk](mailto:Jacqueline.macdonald@lanarkshire.scot.nhs.uk).