

NHS Lanarkshire - Quit Your Way Service Flash Report 2021/2022



The Lanarkshire Quit Your Way (QYW) service offers people who smoke behavioural support and Nicotine Replacement Therapy (NRT) via the Community Pharmacy or Specialist QYW service.



QYW Specialist Service

Specialist service

- Weekly telephone behavioural support
- NRT products delivered to clients home

Pharmacy service

- Provides face to face behavioural support & NRT

Partnership & Promotion of other services

- Parenting
- Period poverty
- Oral health (Mouth Cancer)

Global Shortage of Varenicline: No longer available for clients

Local Delivery Plan Target performance

- Overall "Poor" compared with previous years

Hamilton pregnancy has exceeded LDP target

QYW Pregnancy Service Training: well attended by:

82 UWS Student Midwives
19 Family Nurse Partnership staff



Covid19 Response

10 QYW Nurses redeployed



- Acute sites
- Homecare
- Vaccination clinics

Provided clients with behavioural support

6 NCSCT Practitioners

Helpline & waiting list established to prioritise referrals.

NEAR Me is a new approach. People who smoke are offered a video consultation from a QYW Nurse.



A Test of Change (TOC) June 2021

- 2 members of staff received training for Near Me.
- 3/12 clients who were offered consultation for behavioural support accepted.
- 2 clients quit smoking.

Due to the COVID 19 pandemic the QYW Stop Smoking Service adapted their model of support by providing weekly telephone behavioural support and home delivery of NRT products. This was in line with guidance provided by National Centre for Smoking Cessation and Training (NCSCT), Public Health Scotland and Scottish Government. Health Improvement colleagues who had completed NCSCT training supported the QYW Nurses by delivering telephone behavioural support to clients.

NHS Lanarkshire Tobacco Control Programme

Prevention and Protection Flash Report 2021/2022

200
PSFRM
pledges
made

Positive Smoke-free Role Models (PSFRM) Project

NHS Lanarkshire commission Community Links (SL) and Community Solutions (NL) to deliver the PSFRM project encouraging individuals to pledge their support for the PSFRM regardless whether they smoke or not.



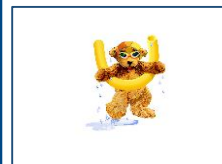
Positive Smoke-free Role Models Training :

38 participants attended PSFRM awareness sessions

4 J&TB
sessions
delivered

Jenny and the Bear Swimtime Programme

Jenny & the Bear Swimtime was delivered in Coatbridge, Cumbernauld, Bellshill & Wishaw with 24 families completing the 6 week programme.



16 participants signed up for the Positive Smoke-free Role Models (PSFRM) Project.

19 families were from SIMD 1 & 2. J&TB Swimtime will continue to be delivered.

Partnership with NL and SL Leisure

203
participated
in training

Tobacco Control Training

Training continued to be delivered online during COVID



IMPACT Training

- 23 attended IMPACT training delivered in October & November 2021

NL Leisure and CL&D staff

- 45 staff attended tobacco awareness sessions delivered online in January 2022.

Tobacco Awareness

- 90 attended Healthy Schools + session promoting J&TB
- 16 Community Link Workers attended training
- 29 attended general tobacco awareness sessions

561
young people
took part in
consultation

Tobacco Control projects -

- Social media tool kits and posts (including videos) developed and shared with partner organisations
- In partnership with LANDED a Tobacco and Cannabis consultation was completed in June 2021. 561 young people participated.
- Resources developed to raise awareness of the dangers of second-hand smoke for pets
- NHS Lanarkshire No Smoking Policy reviewed and approved.

During the COVID 19 pandemic and staff redeployment the primary prevention & protection elements of the tobacco control programme were mostly stood down, but a great deal of work has been done behind the scenes.

Prevention and protection tobacco control opportunities such as engagement and consultation with people who use mental health and pregnancy services, smoke-free environments, encouraging organisations to sign up to the ASH Charter, further support for the PSFRM projects, second-hand smoke training for Health Visitors will all be part of the remobilisation approach across NHS Lanarkshire. For more information, contact Shirley Mitchell, senior health improvement manager,