

Tel: 01884 836024

Stop Smoking Service Update

our team is here for your patients

Welcome to the first Devon-wide stop smoking service newsletter. We are improving communication about our support, new medicines and the development of our service. Please get in touch by phone 01884 836024 or by emailing us direct at stopsmoking.devonpct@nhs.net to tell us about the kind of information which you would like to see included in the Update and to give us your feedback. I look forward to hearing from you.

Greg Price, Stop Smoking Service Manager



Ten years of stop smoking services

September saw the 10th anniversary of stop smoking services which were established in England in 1999. England is one of the few countries which offers stop smoking support for free and a massive 70,000 have become smokefree with these services since they began.

“Every life saved represents a battle against addiction... Stopping smoking is hard, but thanks to free local NHS services, you are up to four times more likely to succeed.”

Public Health Minister Gillian Merron

Making it easier for you to refer

We are making it easier for you to refer. Developments include monthly training and a new quick and easy referral form. Turn to page 3 for more details.

Our Specialist Stop Smoking Service Team is local to you and has one central hub answering all your calls

The central stop smoking team are set to move into a new office space at Cullompton Integrated Centre for Health. This will allow all referrals and appointments across Devon to be handled centrally, providing one point of contact for the public and for you to refer to. Wherever anyone rings from, there will be a person at the end of the phone during week day hours.

Valerie and Sue staff the smoking referral line from 9-5 weekdays.

We now have nine advisors working across Devon:

North:	Richard, Denise and Jacqui
Central:	Josette, Erika and vacancy
South:	Afira, Charlotte and Shelley

Our contact details are:

Devon Stop Smoking Service
Cullompton Integrated Centre for Health
Willand Road
Cullompton
EX15 1FE
stopsmoking.devonpct@nhs.net

Tel: 01884 836024

Medication and Dedication

The new 25mg patch is now available for your patients

Nicorette introduced a 25mg patch in January which has now been agreed for prescription on the Joint Formulary.

The new 25mg patch is a massive step towards being able to support those who have a high physical addiction to nicotine. Most people who use our service have already used patches with mixed success and many describe them as not being strong enough. This new patch gives them something they haven't tried before and with the additional nicotine gives them a better chance of being successful. As with all of the NRT products it is most effective when used alongside behavioural support so we're hoping it will have a positive impact on those who we support in the future.

Separate recommendation letter to make the prescribing process for Zyban and Champix easier

Champix and Zyban differ greatly from NRT and the patient needs to have a consultation with their GP before prescribing. With this in mind we have designed a separate recommendation letter.

After an initial assessment with an advisor the patient will be given the letter and asked to book an appointment with their GP. They then take the letter along so that the GP is aware that behavioural support is being offered alongside the requested medication. This is in line with DH and NICE guidance and ensures that the medication has the best possible chance of making a positive difference.

Success!



Exmouth Man goes smokefree to protect his grandchildren from secondhand smoke

When 71-year-old great grandfather Alan Briggs from Exmouth realised the effect his smoking habit could be having on his family, he decided to approach his local NHS Stop Smoking Service for the support he needed to quit.

Alan, who lives with his wife Irene, quit his 15-20 a day habit in May this year after becoming aware of the risks associated with secondhand smoke. "I started smoking at the age of 16 when the only thing you used to hear about smoking was how good it was," Alan said. "These days, you start to think a bit more about the dangers associated with it – and not just to your own health, but to the health of those people around you. And with the health of 12 grandchildren and five great grandchildren to think about, I decided it was time to do something about it."

"My wife and daughters have been on at me for years asking me to quit. It had become a bit of an ongoing joke in our house. I actually quit by myself for three years once, but I always used to enjoy a smoke before bed and I thought I'd just have one a day. Soon enough, I was back to old habits."

to enjoy a smoke before bed and I thought I'd just have one a day. Soon enough, I was back to old habits.

"We found out that there was a walk-in centre in Exeter... Josette was brilliant. I found it so much easier to quit this time. The support I got from Josette and the rest of my family was brilliant. I now attend the sessions fortnightly and the strength of my patches has been reduced."

Alan is already starting to feel the benefits of being smokefree. "I've always been pretty healthy, but I used to get a bit of a cough every now and again. I don't get that now. I'm also doing a lot more in the garden because the money we're saving from quitting smoking is being spent on that. I'm so glad I've managed to quit smoking. My wife and my daughters are really proud of me and I'm really happy that my grandchildren and great grandchildren won't ever have to breathe in my smoke again."

Training – refer with confidence

Devon Stop Smoking Service runs free monthly training sessions for health professionals. Training meets national standards on how to help people to quit. Contact us on 01884 836024 for more information on how to book.

Brief Advice (1 day)

NICE recommends that all front line healthcare staff should be trained to offer brief advice to smokers. The training covers basic knowledge on the dangers of smoking as well as the benefits of going smokefree. Information on how to raise the subject of stopping smoking is also covered so that attendees have confidence when talking to others about the issues. Finally, knowledge on the availability of local support is given along with details about how to refer.

Who will benefit?

Anyone who comes into contact with individuals that smoke. Community based staff, Youth Workers, School Nurses, Health Visitors, volunteers, hospital staff, etc.

Learning Outcomes:

- Able to raise the issue of smoking and help individuals identify whether they are ready to quit (cycle of change)
- Able to help individuals choose the support they need and how to access it
- Able to raise awareness of the range of stop smoking aids (NRT etc)
- Able to signpost and refer to local services

Intermediate Advisor - Brief Intervention (1 day)

(You need to have attended the 'Brief Advice in Smoking' as a pre-requisite to this course). NHS National Stop Smoking Services use evidence-based methods to support individuals. This training covers all aspects of the support offered including pharmacotherapies (NRT, Champix, Zyban), carbon monoxide monitoring and relapse prevention. Once completed, you will be able to effectively support an individual through a quit attempt in line with DH and NICE guidance.

Who will benefit?

Anyone that comes into contact with smokers and feels that they would have the time and resources to support someone through a quit attempt.

Learning Outcomes:

- Able to help individuals assess their readiness to quit and then offer appropriate support
- Fully understand stop smoking aids (NRT etc)
- Able to assess nicotine dependence using Fagerstrom questionnaire and recommend products
- Able to monitor an individual's progress
- Able to use carbon monoxide monitor

Are you helping people to go smokefree?



The NHS now has a website for people who support smokers to quit. This gives you the resources and information to help people go smokefree. The website includes free resources you can order or download, policy guidance and information on campaigns.

The Smokefree Resource Centre can be accessed at: <http://smokefree.nhs.uk/resources/>



We are making it easier for you to refer

We are designing new materials and forms to make referring into the service easier. These will raise awareness and are based on local social marketing.

Our plans include:

- A short form for referral to make referring as quick and easy as possible
- A referral pack which includes information on what happens at every stage of support so alleviate any fears about being judged or anxiety about the unknown
- New leaflets and posters in line with national brand identity

All forms and materials will be available on the Devon Stop Smoking pages on the NHS Devon website at:

http://www.infopoint.devonpct.nhs.uk/your-sites/Directorates/Stop_smoking_service/Stop_smoking_service

Stop Smoking clinics

01884 863024

For info & referrals

Exeter East and Mid Devon

Willand Village Hall	Monday	4 to 6.30pm
Seaton Hospital	Tuesday	10 to 12noon
Sidmouth Hospital	Tuesday	2 to 4pm
Withycombe Centre, Exmouth	Tuesday	1 to 4pm
Culm Valley Health Centre, Cullompton	Wednesday	10 to 12noon
NHS Walk in Centre Exeter	Wednesday	10.30 to 1.30pm
Tiverton Hospital	Wednesday	4 to 7.30pm
St Sidwell's Centre, Exeter	Thursday	11 to 1pm
Honiton GP Surgery	Thursday	2.30 to 5.30pm
Buddle Lane Youth Centre St Thomas, Exeter	Friday	10 to 12noon
NHS Walk In Centre, Exeter	Friday	10 to 1pm
Crediton Hospital	Friday	2 to 5pm



Please copy this page and pin up for display in your area

South and West Devon

Newton Abbot Hospital	Monday	12 to 3pm
Buckland Medical Centre, Newton Abbot	Monday	4 to 7pm
Totnes Hospital	Monday	5 to 7pm
Dawlish Leisure Centre	Tuesday	12 to 2pm
Newton Abbot Hospital	Wednesday	4 to 6pm and 6 to 7pm drop-in group
Totnes United Free Church	Thursday	11 to 1pm
Teignmouth Hospital	Thursday	5 to 7pm
Watermark Centre, Ivybridge	Thursday	5 to 7pm
Tavistock Clinic, 70 Plymouth Road	Friday	1.30 to 4.30pm

North Devon

Bideford Hospital	Monday	5.30 to 8.30pm
St John's Community Centre, Barnstaple	Tuesday	12 to 2 pm
Braunton Parish Hall	Wednesday	8.30 to 11.30am
Whiddon Valley Community Centre, Barnstaple	Wednesday	9 to 11am
Room G2, Library, Barnstaple	Wednesday	11 to 2pm
Torrige Training Services, Bideford	Wednesday	1 to 4.30pm
Christ Church, Barnstaple	Wednesday	5 to 8pm
Community Hospital, South Molton	Thursday	9 to 12 noon
Northam Leisure Centre	Friday	1 to 6pm

Clinics may change according to demand, please check to confirm by calling 01884 863024 or looking on infopoint.