



TEWV Smokefree Journey



**Tees, Esk & Wear Valleys NHS Foundation
Trust (TEWV)**

Lesley Colley-Smokefree Lead

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TEWV services

- TEWV have over **6,500** staff and serve patients over a large geographical area in the North East of England
- Our main towns and cities are Durham, Darlington, Middlesbrough, Scarborough, Whitby, Harrogate, Ripon and Vale of York
- Within the Trust we have four clinical directorates:
 - adult mental health services
 - mental health services for older people
 - children and young people's services
 - learning disability services

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TEWV Smokefree

- 1 → TEWV went smokefree in March 2016
- 2 → Over 3500 staff trained to date to a minimum of brief advice
- 3 → All in-patient ward areas stocked with nicotine products (NRT)
- 4 → Nicotine Management Team provide ongoing advice and support

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The Vision of going Smokefree



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The actual journey to going smokefree



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Ongoing Challenges



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Review of Treatment options

- NRT Products
- eCigarettes
- Varenicline
- eCigarettes
- Bupropion
- eCigarettes
- Interactions
- eCigarettes

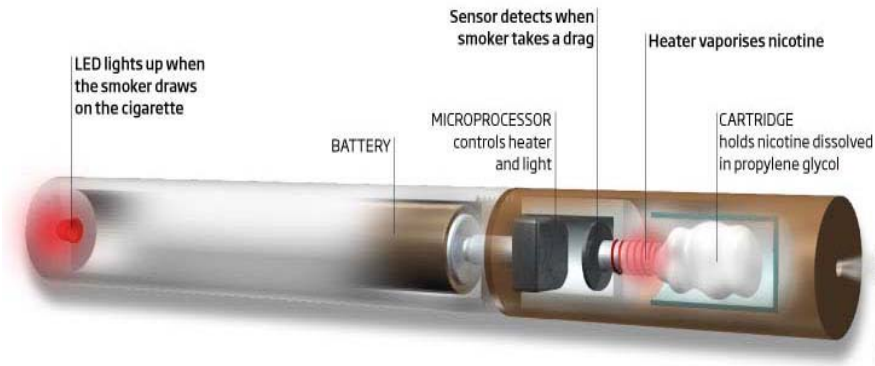
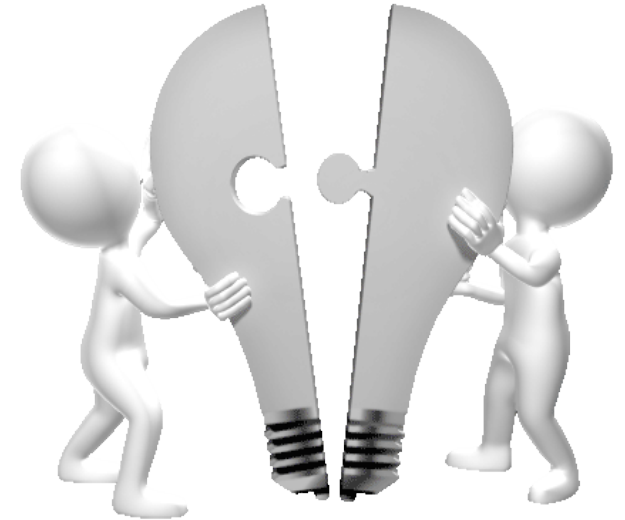


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Innovation



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TEWV consideration of e-Cigarettes

- We offer NRT as the first line treatment
- **All forms** of e-Cigarettes are allowed for use inclusive of Tank/Mod models
- We started to offer disposable e-Cigarettes free of charge from March 2016 and free rechargeable models from Feb 2019
- The Drugs & Therapeutic Committee felt the use of an e-Cigarette was much safer than smoking
- Disposable & re-chargeable e-Cigarettes are permitted for use by patients in single occupancy bedrooms or outside

Modified models are to be used outside as they may set fire alarms off

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Free Disposable e-Cigarettes

nicocig
ELECTRONIC CIGARETTES

Disposable e-Cigarettes are available:

- Costs **£6.95** each
- Not for recharging
- Max 1-3 can be offered
- If a patient is a med/heavy smoker may be better to offer the rechargeable model (*more cost effective*)
- Come in **11mg/16mg** strengths



This product contains nicotine which is a highly addictive substance.

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Free Rechargeable e-Cigarettes

Rechargeable e-Cigarettes are also available on Cardea:

- Costs **£10** for the starter e-cig kit
- Costs **£4** for a pack of 3 refill cartridges (Tobacco or Menthol)
- **18mg/ml** strength stocked
- Refills available to re-offer to detained patients
- Informal patients can receive an initial 3 cartridges only
- Charges in 100 minutes



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E-Cigarette Batteries

- Lithium batteries concentrate a lot of power into a small space and if mistreated, damaged or they short circuit, can release this energy suddenly (*with an explosion*)
- Lithium batteries are covered with a plastic coating to prevent a short circuit and should be replaced if the plastic coating is damaged in any way.
- Batteries should be the correct one for the e-cigarette used, have a built in circuit for extra safety and be replaced regularly
- Although rare, most fires occur when devices are charging.

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Batteries contd

- Batteries should be charged using the charger that they were supplied with, charged away from anything flammable and unplugged when fully charged.
- If a device has a built in battery, it should be CE marked and have a feature that prevents overcharging.
- Loose batteries and e-Cigarettes can short circuit and burn or explode if they come into contact with metal objects.
- Never carry loose in pockets or bags with keys, coins or other metallic objects.
- Spare batteries should be kept separate in a plastic case and e-cigs switched off when being carried.

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Clear objectives for the use of Vapes

- To use as a harm reduction tool
- To provide nicotine management and smoking cessation support
- Support the reduction in second hand smoke exposure
- Support the reduction in smoking rates
- Support to reduce health inequalities
- Reduction in prescribing budget



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- E-Cigarettes are restricted items within YP and Forensic services due to identified risks
- E-Cigarettes are available to order from Cardea for ward stock

*(From 28th February 2019 - **1,176** starter packs ordered and **1,838** packs of cartridges)*

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How did we do?



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Smokefree progress to date

- Newly admitted patients readily accept the offer of FREE e-Cigarettes
- Many patients bring in their own e-Cigarettes
- Smoking rates have reduced “year on year”
- The offer of free e-Cigarettes has supported staff with difficult conversations and supported cessation attempts
- Increasing numbers of patients are setting quit dates to stop smoking
- Increased education around vaping

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Trust wide Audit-Smoking Status

Speciality	2015 smokers	2016 smokers	2017 smokers	2018 smokers
ALD	38%	25%	0%	3% (1/38)
AMH	62%	56%	51%	48%
CYPS (Inc. LD teams)	13%	4%	0%	0%
FLD	36%	7%	0%	2% (1/55)
FMH	67%	16%	1%	11% (15/138)
MHSOP	11%	6%	5%	6%

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Friends & Family Test Results (FFT)

Year	Number of staff identified as smokers
2015/16	10% (n 2984)
2016/17	8% (n 3011)
2017/18	7% (n 2721)
2018/19	7% (n 2717)

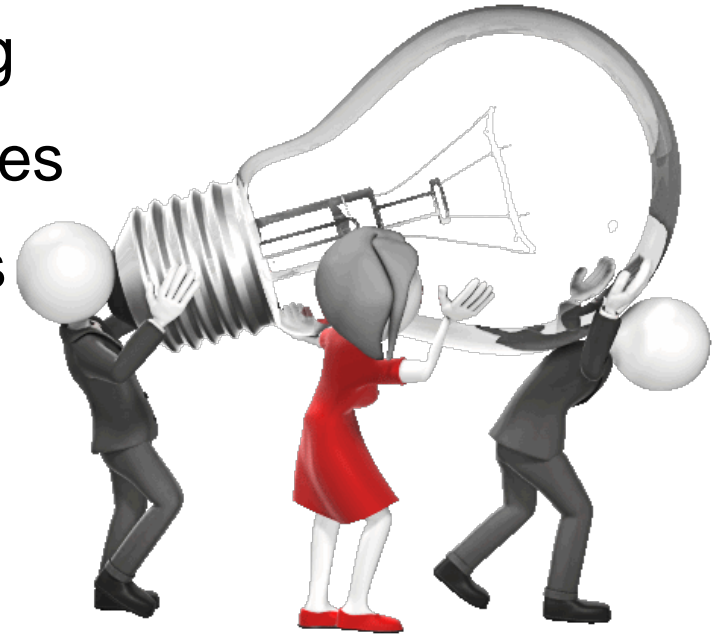
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Moving Forward

- Continue with delivery of training
- Ongoing support for adult services
- Set up more bespoke MH clinics
- Full Policy review completed
- Share Good Practice



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Future Goals 2019/20

- Continue CRUK funded study looking at patients thoughts about the smokefree agenda and the use of e-Cigarettes
- February 2020 to start a 6 year funded study (NIHR) looking at the onward journey of a smoker following an admission
- September 2020 start a Yorkshire CRUK study offering free e-Cigarettes to community Mental Health patients

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Thank You

Questions!!

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