

**E-cigarettes:
Implications of what we have heard
for NHS GGC services and policies**

**Fiona Dunlop
Health Improvement Lead (Tobacco)
Public Health Directorate**

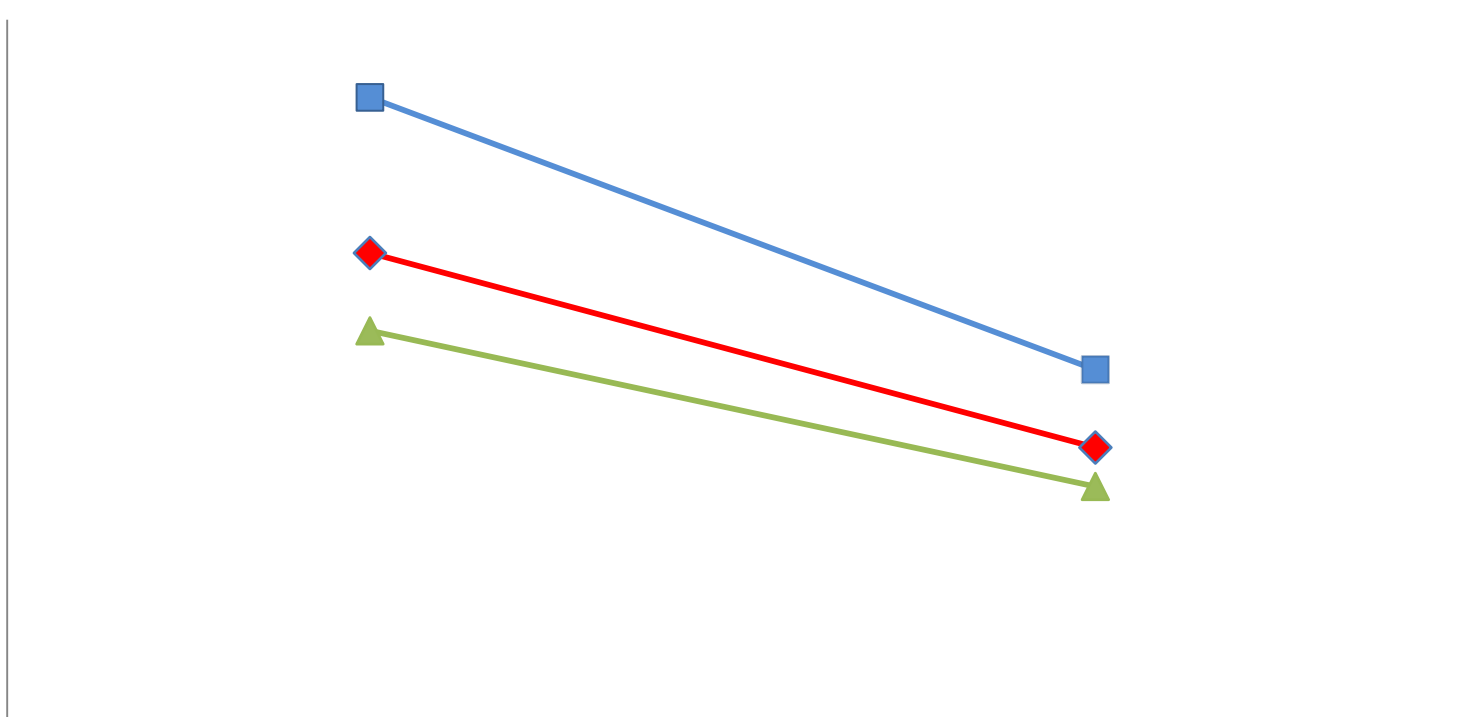
From today...

- Prevalence is dropping but not fast enough - we will not achieve 2034 target
- E-cigarettes are less harmful than smoking tobacco - but not harmless
- Are popular amongst smokers
- Can be effective in helping smokers to stop smoking
- Are being used by the NHS in England
- Have been helpful to policy implementation within the prisons

Use of e-cigarettes in NHS GGC (H&WS 2018)

Proportion who had used E-Cigarettes in the Last Year

18%
16%
14%
12%
10%
8%
6%
4%
2%
0%



◆ NHSGGC
■ Bottom 15%
▲ Other areas

2014/15

2017/18

12%

7%

16%

9%

10%

6%

Implications - NHS GGC Quit Your Way Services

- **Current – “e-cigarette friendly service”**
 - lack of consistency in knowledge, advice and approach
 - 70% of quits through community pharmacy (national contract)
- **Potential options**
 - Don’t recommend because of concerns
 - Provide information but direct to established methods in the first instance
 - Equally promote and allow client to make decision
 - Actively promote as first line (targeted/all) - *“offers the best prospect of increasing population smoking cessation rates”* (Professor R.West, 2019)
 - Provide starter packs



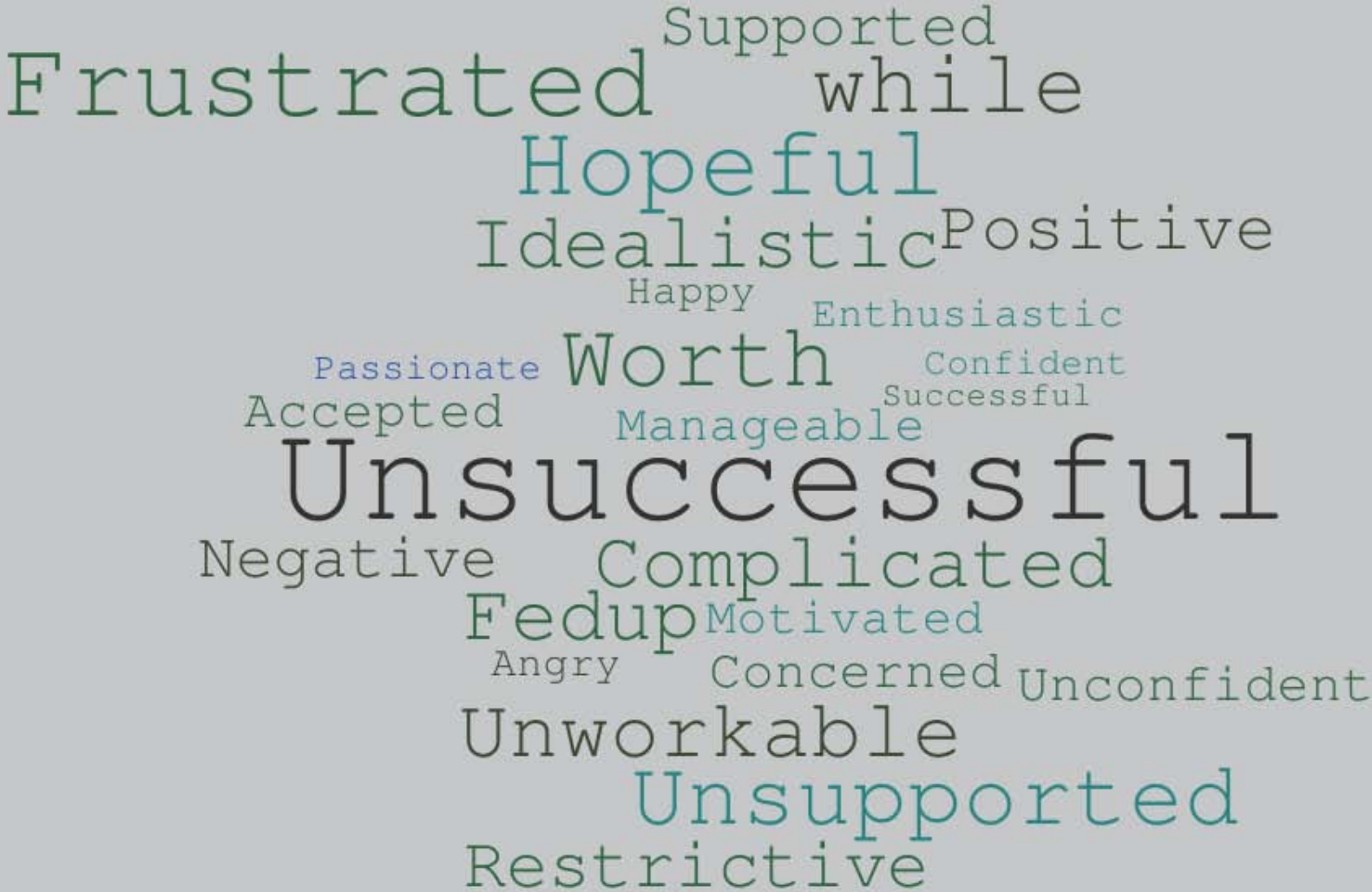
b) Implications - NHS GGC Smoke-free Policy

E-cigarettes given the green light on Scotland's largest health board's grounds
Tuesday, April 19, 2016



- **Potential options –**
 - Continue as we are
 - Implement nicotine management policy rather than smoke-free policy
 - Support use of e-cigarettes within agreed settings (mental health) – indoor use?
 - Sell e-cigarettes within acute sites
 - Provide e-cigarettes as part of the support we offer to comply

How MH staff feel about our smoke-free policy

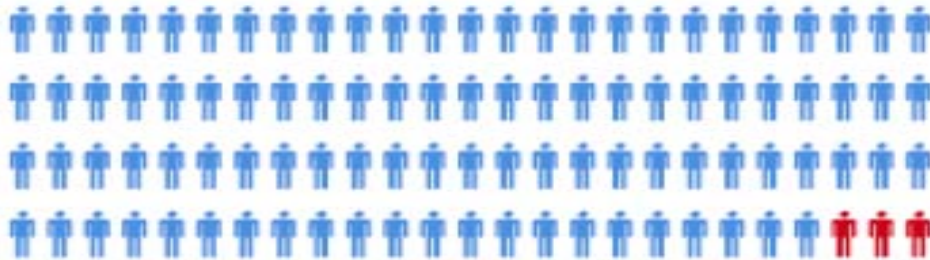


Mental health staff views

Do you think e-cigarettes could play a positive role in supporting a patient to manage their nicotine needs whilst in hospital?



Do you still see patients regularly smoking in areas near entrances and grounds?



I would like more info on e-cigarettes

Reduction in the risk of second hand smoking – good for staff having to escort

ABSOLUTELY the way forward! Why wouldn't we offer the. It gives our patients **OPTIONS**

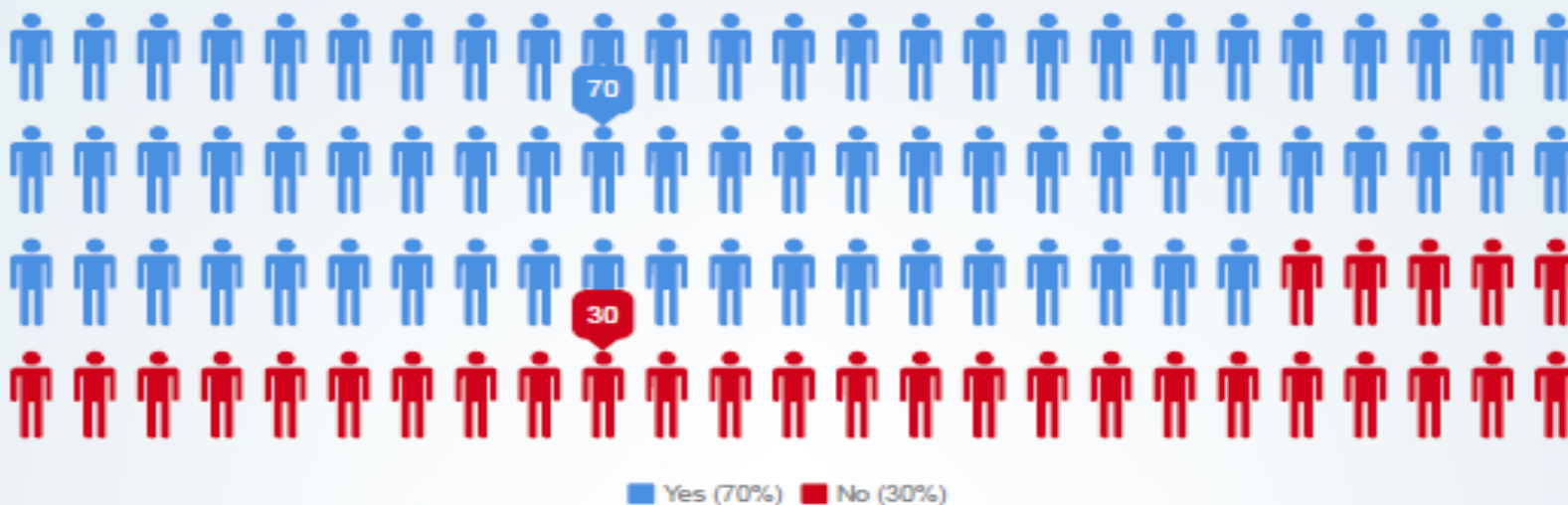
Could be useful in allowing patients to carry on using nicotine in a less harmful way

Helpful intervention option

I think e-cigarettes could have a positive role in supporting patients to either cut down or quit completely

Patients views

Do you think e-cigs/vapes could support you to manage your nicotine needs whilst in hospital?



Thoughts...

- Our smoke-free policy is challenging!
- Our QYW services are seeing less people
- Our prevalence rate is not declining fast enough

Could adopting new approach to e-cigarettes help?

Thank you

fiona.dunlop@ggc.scot.nhs.uk