Welcome!

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

Lesley Colley-Smokefree Lead

making a difference together
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
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

What about....

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Innovation

LED lights up when the smoker draws on the cigarette

Sensor detects when smoker takes a drag

MICROPROCESSOR controls heater and light

HEATER vaporises nicotine

CARTRIDGE holds nicotine dissolved in propylene glycol

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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*
Free Disposable e-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
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
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.
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.
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
TEWV

- 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)
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
## Trust wide Audit-Smoking Status

<table>
<thead>
<tr>
<th>Speciality</th>
<th>2015 smokers</th>
<th>2016 smokers</th>
<th>2017 smokers</th>
<th>2018 smokers</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALD</td>
<td>38%</td>
<td>25%</td>
<td>0%</td>
<td>3% (1/38)</td>
</tr>
<tr>
<td>AMH</td>
<td>62%</td>
<td>56%</td>
<td>51%</td>
<td>48%</td>
</tr>
<tr>
<td>CYPS (Inc. LD teams)</td>
<td>13%</td>
<td>4%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>FLD</td>
<td>36%</td>
<td>7%</td>
<td>0%</td>
<td>2% (1/55)</td>
</tr>
<tr>
<td>FMH</td>
<td>67%</td>
<td>16%</td>
<td>1%</td>
<td>11% (15/138)</td>
</tr>
<tr>
<td>MHSOP</td>
<td>11%</td>
<td>6%</td>
<td>5%</td>
<td>6%</td>
</tr>
</tbody>
</table>
## Friends & Family Test Results (FFT)

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of staff identified as smokers</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015/16</td>
<td>10% (n 2984)</td>
</tr>
<tr>
<td>2016/17</td>
<td>8%  (n 3011)</td>
</tr>
<tr>
<td>2017/18</td>
<td>7%  (n 2721)</td>
</tr>
<tr>
<td>2018/19</td>
<td>7%  (n 2717)</td>
</tr>
</tbody>
</table>
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
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
Thank You

Questions!!