



Tackling Tobacco in clinical mental health services: *What works?*

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NORTHWESTERN MENTAL HEALTH (NWMH) & QUIT VICTORIA

NWMH

32 sites across the northern and western suburbs of Melbourne

~1900 staff

532 youth, adult and aged mental health beds

Catchment population – 1.5 million

3 of the largest growth corridors in Australia

High socio-economic disadvantage

30% CALD

Quit Victoria

Principal agency for tobacco control in Victoria (30 years)

Funding – VicHealth, DHHS, CCV & Heart Foundation

- Prevent new nicotine addiction & help smokers become tobacco-free
- Create a tobacco-free environment
- Enhance and tailor efforts for priority populations
- Lead and facilitate Victoria's efforts to end the tobacco toll

Quitline (134878) and Aboriginal Quitline

WHY NWMH AND QUIT PARTNERED TO TACKLE TOBACCO

- Impact of tobacco on people living with a mental illness
- Research shows integration of smoking cessation support is effective
- Strategic priority for Quit, and a significant issue for NWMH

4 NWMH pilot sites:

- Orygen Youth Health (inpatient and community based)
 - Adult Community Care Unit
 - Adult Secure Extended Care Unit and
 - Community based Team
- ~ 900 mental health consumers annually and 240 staff

TACKLING TOBACCO FRAMEWORK AND STRATEGIES

Key Objectives:

- Increase knowledge, skills and confidence
- Increase access & use of supports
- Create a smoke free environment



COMMITTED LEADERSHIP

Executive leadership:

Formal endorsement from NWMH Executive Director and Director of Operations

Quit Director works directly with NWMH Executive

NWMH Director of Operations chairs NWMH Tackling Tobacco working group

Local leadership:

Each pilot site nominated leaders

Local leaders engage with staff, consumers, carers and community to promote the importance of smoking cessation and what supports are available

SUPPORTIVE SYSTEMS

- New 0.6 EFT peer worker position across pilot sites
- New NWMH screening and care pathway form
- Access to NRT

NorthWestern Mental Health		SMOKING CESSATION - CLINICAL PATHWAY				
Smoking Cessation Clinical Pathway		LOCAL UR	SH UR			
NAME						
ADDRESS						
PHONE		DOB	AGE			
<p>This form is to be completed for all consumers. The form will assist to manage nicotine withdrawal in a smoke free setting for people who smoke and/or assist in smoking cessation.</p>						
ASK	Do you currently smoke?	<input type="checkbox"/> Yes (complete clinical pathway) <input type="checkbox"/> Never smoked (Sign form and scan into medical record) <input type="checkbox"/> Ex-smoker (Congratulate, sign form, scan into medical record)				
	When you wake up each day, when do you smoke your first cigarette?	<input type="checkbox"/> Within 5 mins score*2	<input type="checkbox"/> 5-30 mins score*2	<input type="checkbox"/> 31-60 score*1	<input type="checkbox"/> >60 score*0	SCORE
ASSESS	How many cigarettes a day do you smoke on a typical day?	<input type="checkbox"/> 10 or less score*2	<input type="checkbox"/> 11-20 score*1	<input type="checkbox"/> 21-30 score*2	<input type="checkbox"/> >30 less score*0	
	Add two coded scores above to gain the total Nicotiness of Smoking Index (NSI)					NSI
Is the consumer nicotine dependent based on the NSI above? (Please circle Y/N)						
Nicotine dependent smokers will be more likely to succeed with NRT						
Do you want to stop smoking? <input type="checkbox"/> Yes <input type="checkbox"/> No (offer NRT to reduce withdrawal)						
Are you currently using any of the following medicines? <input type="checkbox"/> No						
<input type="checkbox"/> Nicotine replacement therapy (NRT i.e. patches/gum/lozenges/inhalers/lozenges) <input type="checkbox"/> Bupropion (Zyban)						
ADVISE	<p>Advise all people who smoke to quit in a clear non-confrontational, personalised way</p> <p>The single most important thing you can do for your health is to stop smoking. If the thought of quitting is too much it's alright with cutting down to build your confidence to quit. The next step is to quit is to use NRT to manage cravings and get behavioural support like <u>Quitline</u> or other stop smoking counselling.</p>					
ASSIST	<p>NRT is offered to relieve nicotine withdrawal and make the person more comfortable and/or assist with quitting. It is always safer to use NRT than to continue smoking. NRT should be titrated to achieve effect.</p> <input type="checkbox"/> Person offered NRT and accepted <input type="checkbox"/> Person offered NRT and declined (ask again during hospital stay)					
	<p>NRT ordered (see medication chart): <input type="checkbox"/> Nurse initiated <input type="checkbox"/> Medical Officer initiated <input type="checkbox"/> Pharmacist initiated</p> <p>NRT must be prescribed in the medication chart by a Medical Officer within 24 hours as per hospital policy.</p> <p>Chewing management <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Was written health information provided to the person? (i.e. Quit Structure) <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Behavioural support <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Was the person referred to the <u>Quitline</u> Service? (i.e. phone / online / fax) <input type="checkbox"/> Yes <input type="checkbox"/> No</p>					
Review smoking use and treatment every 2 months or at clinical review and communicate smoking status and treatment on discharge.						
<p>Recall Date: _____</p> <p>Version: 2.0 (2018.01)</p> <p>EMHS/PHU or nearest NRMH site/ICU</p>						
Name		Signature		Designation		
				Date		

SMOKING CESSATION - CLINICAL PATHWAY

CONSISTENT QUIT SUPPORTS

- New smoking resources
- Quitline response enhanced

Quit for cash

For a pack-a-day smoker, stopping smoking could mean an extra:

 Clothes	 A laptop or smartphone	 24 months' rent
 Looking after your pets	 A relaxing holiday	 2 years in a course
 Groceries for the family	 Gym membership for a year	 A second-hand car

\$180 a week	\$730 a month	\$9500 a year
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Did you know that when you stop smoking you are more likely to:

 Feel less anxious and depressed	 Require less medication (under a doctor's supervision)
 Have more cash in your pocket	 Feel less stressed and have a positive outlook

Stopping smoking can benefit your mental health recovery.

Talk to your care team or Quitline (137848) for tips to quit.

Quitline.137848
quit.org.au








The stress cycle of smoking

Did you know smoking actually causes stress? Here's how:

1. When you light up a smoke, it tops up your nicotine levels.
2. Your nicotine withdrawal symptoms (like irritability, anxiety and restlessness) are immediately relieved, making you feel nice and - but only for a moment.
3. Soon after you've finished having a smoke, your nicotine levels begin to fall - leaving you craving another smoke and wanting to feel less stressed.
4. Once your nicotine levels have dropped even more, you begin to experience withdrawal symptoms, causing you to feel tense and irritable.

The good news is, within just a day of stopping smoking almost all the nicotine is out of your bloodstream, alleviating the stress cycle of smoking! Plus after six weeks or more you are likely to feel less stress, less anxious and less depressed.

For more benefits of quitting visit www.quit.org.au or call Quitline (137848).

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TRAINING AND EDUCATION

- 60-120 minute training module co-developed and delivered on site
- 180 staff trained
 - *Dispelling myths and perceived barriers, with evidence*
 - *Smoking cessation brief intervention (based on ask, advise, help model), behavioural interventions and NRT*
- Full day deeper content workshops delivered to 55 champions and leaders across NWMH
- Access to online training modules- smoking and mental health

The impact of Tackling Tobacco at AMHRU



SUSTAINABILITY

NWMH:

- Embedding a governance framework (incl. monitoring data and continuous improvement)
- Dedicated NWMH Smoking cessation position
- Align with Physical Health portfolio
- Coordinate local champions
- Incorporate into NWMH Orientation packages
- Ongoing communication strategy

Quit:

- Quitline service
- Accessible training and education
- Dedicated resources on Quit website

Acknowledgements:

- NWMH Tackling Tobacco Steering Group members
- NWMH staff and consumers

- Quit Victoria staff
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- Cancer Council NSW

Questions???