



Tackling Tobacco in Mental Health Services - translating evidence into (sustainable) practice

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Equally Well Conference 2019

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 (THE EVIDENCE)

- 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 across pilot sites
- New NWMH screening & care pathway form
- Access to NRT



NWMH 3.0



ATTACH LABEL OR RECORD PATIENT DETAILS

LOCAL UR	MH UR		
NAME			
ADDRESS			
PHONE	DOB	SEX	

Smoking Cessation Clinical Pathway

This form is to be completed for all consumers. The form will assist in manage nicotine withdrawal in a smoke free setting for people who smoke and/or assist in smoking cessation.

ASK	Do you currently smoke? <div style="display: flex; justify-content: space-between; font-size: x-small;"> <input type="checkbox"/> Yes (complete clinical pathway) <input type="checkbox"/> Never smoked (Sign form and scan into medical record) </div> <div style="display: flex; justify-content: space-between; font-size: x-small;"> <input type="checkbox"/> Ex-smoker (Congratulate, sign form, scan into medical record) </div>																				
ASSESS	<table style="width: 100%; font-size: x-small;"> <tr> <td style="width: 80%;">When you wake up each day, when do you smoke your first cigarette?</td> <td style="width: 20%; text-align: center;">SCORE</td> </tr> <tr> <td> <input type="checkbox"/> Within 5 mins (score=3) <input type="checkbox"/> 5-30 mins (score=2) <input type="checkbox"/> 31-60 (score=1) <input type="checkbox"/> >60 (score=0) </td> <td></td> </tr> <tr> <td>How many cigarettes a day do you smoke on a typical day?</td> <td></td> </tr> <tr> <td> <input type="checkbox"/> 10 or less (score=1) <input type="checkbox"/> 11 - 20 (score=2) <input type="checkbox"/> 21 - 30 (score=3) <input type="checkbox"/> >30 less (score=3) </td> <td></td> </tr> <tr> <td>Add two circled scores above to gain the total Heaviness of Smoking Index (HSI)</td> <td style="text-align: center;">HSI</td> </tr> <tr> <td>Is the consumer nicotine dependent based on the HSI above? (please circle Y / N)</td> <td style="text-align: center;">1-8= YES 0= NO</td> </tr> <tr> <td colspan="2" style="font-size: x-small;">Nicotine dependent smokers will be more likely to succeed with NRT</td> </tr> <tr> <td>Do you want to reduce or stop smoking?</td> <td style="text-align: center;"><input type="checkbox"/> Yes <input type="checkbox"/> No (still offer NRT to reduce withdrawals)</td> </tr> <tr> <td>Are you currently using any of the following medicines?</td> <td style="text-align: center;"><input type="checkbox"/> No</td> </tr> <tr> <td colspan="2" style="font-size: x-small;"> <input type="checkbox"/> Nicotine replacement therapy (NRT i.e. patches/gum/spray/inhalator/lozenges) <input type="checkbox"/> Varenicline (Champix®) <input type="checkbox"/> Bupropion (Zyban®) </td> </tr> </table>	When you wake up each day, when do you smoke your first cigarette?	SCORE	<input type="checkbox"/> Within 5 mins (score=3) <input type="checkbox"/> 5-30 mins (score=2) <input type="checkbox"/> 31-60 (score=1) <input type="checkbox"/> >60 (score=0)		How many cigarettes a day do you smoke on a typical day?		<input type="checkbox"/> 10 or less (score=1) <input type="checkbox"/> 11 - 20 (score=2) <input type="checkbox"/> 21 - 30 (score=3) <input type="checkbox"/> >30 less (score=3)		Add two circled scores above to gain the total Heaviness of Smoking Index (HSI)	HSI	Is the consumer nicotine dependent based on the HSI above? (please circle Y / N)	1-8= YES 0= NO	Nicotine dependent smokers will be more likely to succeed with NRT		Do you want to reduce or stop smoking?	<input type="checkbox"/> Yes <input type="checkbox"/> No (still offer NRT to reduce withdrawals)	Are you currently using any of the following medicines?	<input type="checkbox"/> No	<input type="checkbox"/> Nicotine replacement therapy (NRT i.e. patches/gum/spray/inhalator/lozenges) <input type="checkbox"/> Varenicline (Champix®) <input type="checkbox"/> Bupropion (Zyban®)	
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ADVISE	Advise all people who smoke to quit in a clear non-confrontational, personalised way 'The single most important thing you can do for your health is to stop smoking' 'If the thought of quitting is too much let's start with cutting down to build your confidence to quit' 'The best way to quit is to use combination NRT for minimum of 12 weeks along with behavioural support and follow-up like <i>Quitline</i> or other <i>stop smoking counselling</i> '																				
ASSIST	Combination NRT relieves nicotine withdrawal and cravings, make the person more comfortable and/or assists with quitting. It is always safer to use NRT than to continue smoking. NRT should be titrated to achieve effect. <input type="checkbox"/> Person offered NRT and accepted <input type="checkbox"/> Person offered NRT and declined (ask again during hospital stay) NRT ordered (see medication chart): <input type="checkbox"/> Nurse initiated <input type="checkbox"/> Medical Officer initiated <input type="checkbox"/> Pharmacist initiated NRT must be prescribed in the medication chart by a Medical Officer within 24 hours as per hospital policy. Craving management Was written health information provided to the person? (i.e. Quit Brochure) <input type="checkbox"/> Yes <input type="checkbox"/> No Behavioural support Was the person referred to the Quitline Service? (i.e. phone / online / fax) <input type="checkbox"/> Yes <input type="checkbox"/> No Review smoking use and treatment every 3 months or at clinical review and communicate smoking status and treatment on discharge. Notes																				
Name: _____ Signature: _____ Designation: _____ Date: _____																					

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 Policy print on demand NWMH 08516F

SMOKING CESSATION - CLINICAL PATHWAY

 8516

CONSISTENT QUIT SUPPORTS

- New smoking resources
- Quitline response enhanced

Quit for cash

 Clothes	 A tablet or smartphone	 Six months' rent
 Looking after your pets	 A relaxing holiday	 Enrol 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

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

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 (13 78 48) 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. You nicotine withdrawal symptoms (like irritability and anxiety) are almost immediately relieved, making you feel nice and... but only temporarily.
3. Soon after you've finished having a smoke, your nicotine levels begin to fall - leaving you craving another smoke and starting to feel anxious.
4. Once your nicotine levels have dropped even more, you begin to experience withdrawal symptoms, causing you to feel nervous 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 (13 78 48).

Quitline.137848
quit.org.au

TRAINING AND EDUCATION

- 60-120 minute training module co-developed and delivered on site
- 250 staff trained
 - *Dispelling myths and perceived barriers, with evidence*
 - *Smoking cessation brief advice (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

EVALUATION (MIDPOINT)

Midpoint learnings based on analysis of 130 staff surveys, 180 training evaluation forms, key informant interviews, and 165 file audits indicate:

Committed Leadership:

- Executive management endorsement - rated highly by staff as it - created the enabling environment for system and practice change.
- Lead worker at each of the sites has been central to maintaining drive and delivering strategies.

Supportive Systems:

- **Smokefree Form:** Mixed results.
- A random audit of 165 files at NWMH and OYH revealed that 42% of the files had the form included; however, only 28% had been fully completed.
- Why? New forms in a busy mental health service is challenging.
- So? Sites are subsequently refining the form to enable higher compliance.
- But? The collection of consumer's smoking status has increased – increased conversations

Supportive Systems continued:

Peer Support Worker: is a key role to support consumers to quit. The leadership from peer support workers across the pilot sites has been significant.

John, a mental health consumer, who lives with severe anxiety and depression, recently quit with support of the peer support worker. He had been wanting to quit smoking for a long time but had only been given general advice in the past such as “just distract yourself” or “just go cold turkey” .

“The peer support worker came out with a quit pack,” recalls John. “I had a browse through it and thought ok, this is how you do it.”

Access to Nicotine Replacement Therapy: Prescribing of pharmacotherapies to manage nicotine withdrawal has increased at inpatient settings, with one of sites dispensing almost doubling NRT prescriptions.

Training & Education:

- Staff knowledge and confidence in providing smoking cessation increased by 34%
- 60% of staff rate their service's capability to provide cessation support as extremely or very capable
- Staff at the sites are reporting culture change.

“The clients also suggested to have smokefree outings- sadly many of our clients are very fixated on smoking when they are out and about- so this is huge for them to initiate this.” Team Leader.

- Staff are now actively supporting consumers to quit. In the 12 months prior, there had been no referrals to Quitline. As of June 2018, staff had completed 54 referrals for PLWMI.

Consistent Quit Supports:

- A total of 23,000 hard copies of the ten new Tackling Tobacco resources have been disseminated.

SUSTAINABILITY

NWMH:

- Service-wide roll out
- Improvements and changes to monitoring data and continuous improvement
- Dedicated NWMH Smoking cessation position
- Align with Physical Health portfolio
- Coordinate local champions and Peer Support Workers
- 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
- Funded by VicHealth & DHHS
- Cancer Council NSW

Questions???