

Help Me Quit in Hospital Smoking Cessation Services and Reducing Smoking During Pregnancy

Organisation		Date of Report		Report Prepared By	
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Health Boards are expected to be working to develop/have in place plans to:

1. Implement Help Me Quit in Hospital smoking cessation services
2. Reduce smoking during pregnancy

The Tobacco Control Strategy, 'A Smoke-free Wales' and 'Towards a Smoke-free Wales Delivery Plan 2022 to 2024' set out the Welsh Government's commitment and actions to achieve a Smoke-free Wales by 2030.

Implement Help Me Quit in Hospital smoking cessation services

The provision of effective smoking cessation services is essential in supporting our smoke-free ambitions for Wales and hospital smoking cessation services have been shown to increase long term quit rates. The delivery plan has an action to:

- *Implement a systematic Help Me Quit in Hospital smoking cessation service in Wales utilising learning from Canada's Ottawa Model for Smoking Cessation and adapting this for Wales with the additional inclusion of a prehospital stage in the programme.*

The details of the Help Me Quit in Hospital service are being developed and co-ordinated by Public Health Wales and supported by money from the Prevention and Early Years Fund.

Reduce smoking during pregnancy

In 2021, 15% of women were recorded as smokers at their initial assessment, increasing the risk of complications with pregnancy and birth (such as low birth weight, premature birth and stillbirth). National guidance is in place to support pregnant smokers by recommending that all pregnant people are asked about their smoking status at antenatal appointments and referred to appropriate smoking cessation services for ongoing support. The delivery plan has an action to:

- *Increase the percentage of smoke-free pregnancies by looking at initiatives to reduce smoking in pregnancy and optimise smoking cessation provision for all pregnant people across Wales. Work with maternity services to ensure that all pregnant women have their smoking status recorded and appropriate referrals made to smoking cessation services. Promote a smoke-free preconception period.*

The action is supported by money from the Prevention and Early Years Fund.

Reporting Schedule: Progress is to be reported bi-annually. This form is to be submitted on:

- 14 September 2022 (covering the period 1 April 2022 to 31 August 2022)
- 14 April 2023 (covering the period 1 September 2022 to 31 March 2023)

Completed form to be returned to: hss.performance@gov.wales. Please provide a copy of necessary plans & documents with the report.

Help Me Quit in Hospital Smoking Cessation Services

An update on the actions planned and implemented during the current operational year to advance the development of Help Me Quit in Hospital smoking cessation services

Objective	Key Actions Planned/Achieved	Risks to Delivery	Corrective Actions
Please refer to the checklist on the evidence that is to be provided for each objective			
<p>Leadership and Co-ordination The health board has established mechanisms for the overall project management of Help Me Quit in Hospital and leadership to support implementation in all relevant service areas and sites.</p>			
<p>Service Development & Planning The health board has an agreed delivery infrastructure and plan to implement the Help Me Quit in Hospital pathway and model locally, with necessary staff and resources in place for its effective delivery.</p>			
<p>Joint Working The Help Me Quit in Hospital model and service is fully integrated and supported both within the health board and with the national programme and meets agreed minimum service standards.</p>			
<p>Monitoring Plans for consistent monitoring and reporting are in place in line with national minimum dataset and used to inform service improvement.</p>			

Evidence Checklist: Help Me Quit in Hospital smoking cessation services

Please provide a copy of the necessary plans and documents.

General: The health board leads the development, implementation and monitoring of the Help Me Quit in Hospital service. The service is integrated with existing smoking cessation services and best meets the needs of the population.	
	Questions to consider when completing the reporting template
Risks to Delivery	<ul style="list-style-type: none"> • Does the planned service complement the NHS Wales Planning Framework 2022-2025 and targets? • Have the needs of the population been fully assessed and the service planned accordingly? • Are there processes in place for joint working within the health board and with the national programme? • Are the necessary financial resources in place? • Are there sufficiently skilled staff to plan and deliver the services? • Are the necessary pathway and prescribing processes planned for?
Leadership and Co-ordination	<ul style="list-style-type: none"> • Does the health board have a lead/named person and clinical champion with responsibility for the strategic direction and service planning? • Are the necessary commitments and agreements in place at executive levels within the health board?
Service Development and Planning	<ul style="list-style-type: none"> • Has a needs assessment of the population been undertaken/is planned? • Is there a plan with timeline in place for the establishment of the service, including evidence of the policies and processes which need to be introduced/amended to embed the service in the organisation? • Are there plans in place to ensure that the services and information is accessible, including differing language, culture and communication needs? • Are there plans in place to communicate with and support smokers at all points, for example information about cessation service in patient correspondence, admission processes and at points of transfer of care?
Joint Working	<ul style="list-style-type: none"> • Is the health board's service linked with and complementary to the development of the national programme? • How will the service be fully integrated with existing services and processes (including prescribing) in the health board? • How will the service development include working with patient groups to understand how best to set up the programme locally? • Are there plans in place within the health board to support patients across the system including processes for sharing and receiving information and best practice?
Monitoring	<ul style="list-style-type: none"> • How will the implementation of the service be monitored, including referrals, outcomes and patient satisfaction?

Reducing Smoking During Pregnancy

An update on the actions planned and implemented during the current operational year to support a reduction in the percentage of women smoking during pregnancy is requested.

Objective	Key Actions Planned/Achieved	Risks to Delivery	Corrective Actions
Please refer to the checklist on the evidence that is to be provided for each objective			
<p>Leadership and Co-ordination The health board leadership and organisational policies are committed to reducing the number of people smoking during pregnancy and to supporting suitable maternal smoking cessation services.</p>			
<p>Service The health board's maternal smoking service complies with NICE guidelines and the Models for Access to Maternal Smoking Cessation Support and is evaluated to ensure effective delivery.</p>			
<p>Staffing and Resources Necessary staff and resources are in place, for example smoking cessation specialists and are embedded within maternity and health visiting services so that all pregnant smokers are supported with cessation services.</p>			
<p>Monitoring Systems for consistent collection, recording and evaluation of data are in place (including the identification of smokers, referrals & take up of cessation, as well as maternal outcomes and service user satisfaction) and service improvements are taken following evaluation.</p>			

Evidence Checklist: Reducing smoking during pregnancy

Please provide a copy of the necessary plans and documents.

General: The health board has a comprehensive service in place to identify and support smokers with smoking cessation throughout the preconception, antenatal and postnatal periods. The service is integrated with existing maternity and smoking cessation services and best meets the needs of the population.

Questions to consider when completing the reporting template

Risks to Delivery	<ul style="list-style-type: none">• Does the service complement the NHS Wales Planning Framework 2022-2025 and targets?• Have the needs of the population been fully assessed and the service planned accordingly?• Are there processes in place for joint working within the health board?• Are the necessary financial resources in place?• Are there sufficiently skilled staff to deliver the services?• Are the necessary pathway (including consistent referral to opt out cessation services) and prescribing processes provided for?
Leadership and Co-ordination	<ul style="list-style-type: none">• Does the health board have a lead/named person and clinical champion with responsibility for the strategic direction and service planning?• Is the objective of addressing maternal smoking fully integrated within the health board with all elements supporting a reduction of maternal smoking prevalence?• Are the necessary commitments and agreements in place at executive levels within the health board?
Service	<ul style="list-style-type: none">• Has a needs assessment of the population been undertaken?• Does the service provided conform with NICE guidelines and the Models for Access to Maternal Smoking Cessation Support (including cessation support for other family members)? If not currently, what improvements are needed and how will they be achieved?• Are all elements of the services (including hospital and community based services) integrated and complementary and do they provide seamless support at transition stages? If not currently, what improvements are needed and how will they be achieved?• Did the service design include working with patient groups to understand how best to set up the programme locally? Are there opportunities for improvement to ensure the service is delivered in a way that best meets the needs of the population?

	<ul style="list-style-type: none"> • Is the service fully integrated with other services and processes (including referral and prescribing) in the health board? Are there policies and processes which need to be introduced/amended to improve integration of the service in the organisation including processes for sharing and receiving information and best practice? • How do you evaluate your service based on evidence collected directly from service users and how are you assured the services you provide are effective and focused on reducing maternal smoking rates?
Staffing and Resources	<ul style="list-style-type: none"> • What are the staffing and resourcing levels available (WTE) and how have you assessed if it is appropriate to suitably support the population? • Is the service and information provided accessible, including in terms of differing language, culture and communication needs? • Does the service communicate with and support smokers at all points, for example information about cessation service in patient correspondence, admission processes and at points of transfer of care?
Monitoring	<ul style="list-style-type: none"> • How is the implementation of the service monitored, including the identification of smokers, referrals and take up of cessation, as well as outcomes and service user satisfaction? How does the monitoring support service improvements and a reduction in the number of people smoking in pregnancy? • How do you achieve a learning culture which delivers service improvements, for example peer reviews? • How are health board leaders made aware of service outcomes?

Relevant strategies, guidance and data

A smoke-free Wales and Towards a smoke-free Wales Delivery Plan 2022 to 2024: <https://gov.wales/tobacco-control-strategy-wales-and-delivery-plan>

NICE guideline NG209 - Tobacco: preventing uptake, promoting quitting and treating dependence (2021):

<https://www.nice.org.uk/guidance/ng209/chapter/Recommendations-on-treating-tobacco-dependence-in-pregnant-women>

Models for Access to Maternal Smoking Cessation Support:

<http://www.wales.nhs.uk/sitesplus/documents/888/PHW%20MAMSS%20Report%20E%2003.17.pdf>

The National Survey for Wales: <https://gov.wales/national-survey-wales>

NHS smoking cessation services: <https://gov.wales/nhs-smoking-cessation-services>

Maternity and birth statistics: <https://gov.wales/maternity-and-birth-statistics>