



Improving Smoking Cessation Advice in the Emergency Department

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Background

1 in 4 people presenting to hospital smoke and over half a million acute hospital admissions are directly linked to smoking¹. Despite this, the National Smoking Cessation Audit 2019 showed that many people are not having their smoking habits addressed by healthcare professionals². Baseline evidence from GRH ED echoed these findings and highlighted that staff members were not trained or confident in offering smoking cessation advice.

For some patients, an admission to ED with an illness can be a sobering experience, thus presenting a good opportunity for beneficial intervention. If discharged, ED clinicians may be the first or only medical professional they see regarding this.

Aim

To improve the number of patients having their smoking habits addressed when presenting to the emergency department with smoking related diseases by 50% in 4 months.

Education

Training staff in VBA in handover teaching and "on the spot".

- 1 Emails to all staff
- 2 Booster teaching week
- 3 "Message of the Week"

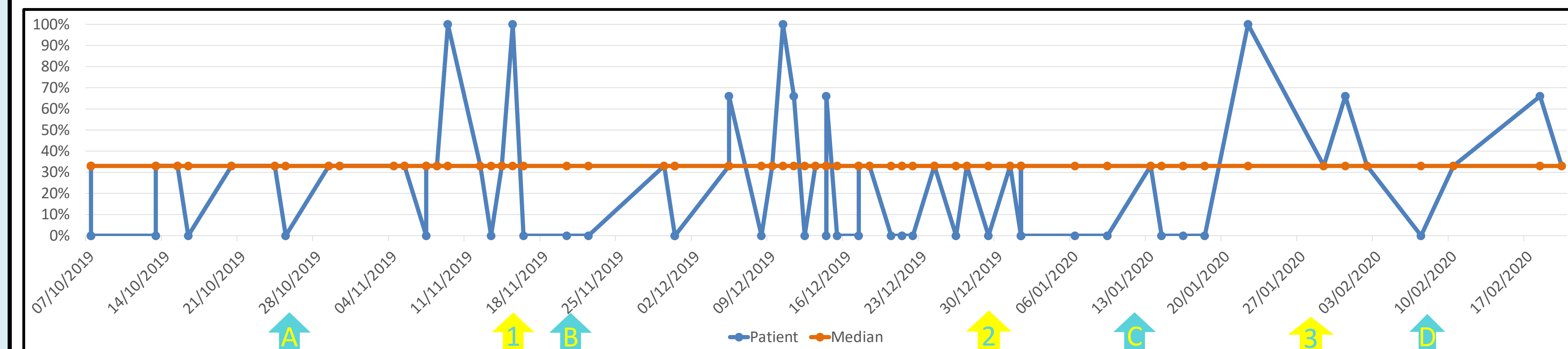


Resources

- A Leaflets and cards in department
- B Re-introduced
- C Leaflets and cards in holders
- D Reminder prompts

Aim	Primary Drivers	Secondary Drivers	Change Ideas
To improve the number of patients presenting to the emergency department with smoking related disease having their smoking habits addressed by 50% in 4 months.	Knowledge	Education and training	<ul style="list-style-type: none"> ● VBA training for staff members in handover teaching ● VBA training "on the spot" for all staff ● Emailing all staff in department
		Awareness	<ul style="list-style-type: none"> ● "Message of the week" displayed around department ● Visual prompts around department ● Reminder emails to all staff
	Resources	Availability	<ul style="list-style-type: none"> ● Leaflets in minors and majors areas ● Business cards in minors and majors areas
		Visibility	<ul style="list-style-type: none"> ● Contact HLS around supplying more ● Sign above leaflets detailing where they are ● Leaflet/business card holders ● HLS specific leaflet/business card holders
	Culture	Time pressure	<ul style="list-style-type: none"> ● Reiterate in training the speed of this training technique ● Training for nurses/HCAs so all staff members can address habits
		Importance of issue	<ul style="list-style-type: none"> ● Involve smoking cessation link nurse in project ● Consultant involvement and engagement
			Identify readmissions who did not have their habits addressed

Results



Outcome Measure

The proportion of adult patients who **smoke**, and are **discharged** from ED, with a diagnosis of **COPD** and/or **asthma**, who have received beneficial "Very Brief Advice (VBA)" on smoking cessation.

- Asked whether they smoke (33%)
- Advised on stop smoking support (66%)
- Given written information on the service available (100%)

Process Measure

The number of HLS leaflets and business cards in each department at GRH and CGH counted at the end of each week.



Process Measure

Running tally of the number of staff trained in VBA.
Nursing staff – nurses and HCAs.
Medical staff – doctors, PAs and ENPs.

Discussion

Education measures provided bursts of improvement, but these improvements were difficult to sustain. This is thought to be due in part to the natural high turn-over of staff within the ED department. Any future educational strategies should aim to overcome these challenges.

Using available written information from Healthy Lifestyles helped to avoid lengthy leaflet design and approval. However, ensuring these resources remained available in the department proved difficult despite involvement of the senior ED and patient information teams. Making the resources more visible in holders and having reminder prompts around the department had a positive effect.

Next Steps

- Discussion with the senior team about strategies to incorporate education into induction sessions/welcome packs for junior doctors to try to overcome the need for re-training and loss of education with staff as they leave.
- Further involvement of permanent staff within the department, including ongoing training for the smoking cessation link nurse to empower her to continue training staff, and to ensure the availability of resources.
- Continued information sharing with staff on a regular basis, including highlighting readmission rates and successful interactions.

References
1. Department of health and social care (DOH) 2017. Tobacco Control and Delivery Plan: 2017 to 2022. London. <Available Online: <https://www.gov.uk/government/publications/tobacco-control-plan-delivery-plan-2017-to-2022>> [Last Accessed January 2020]

2. National smoking cessation audit report 2019. British Thoracic Society Reports Vol 11, Issue 2, 2020.