

30th March 2023

12 noon	Welcome & Introductions
12.15pm	Southampton Smokefree Solutions update
12.45pm	Sharing good practice, highlights & challenges of the last year (open forum, all contributions very welcome 🗣️) Open discussion, Q & A
1.30pm	Close



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Practitioner survey



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- Annual survey
- Anonymous
- Closing date: 31st March 2023

<https://forms.gle/WvVoTDTHFQGmqb8N6>

Training



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Level 2 Stop Smoking Practitioner Training

31st March (FULLY BOOKED)

28th April

16th June

9am – 4.30pm via MS Teams

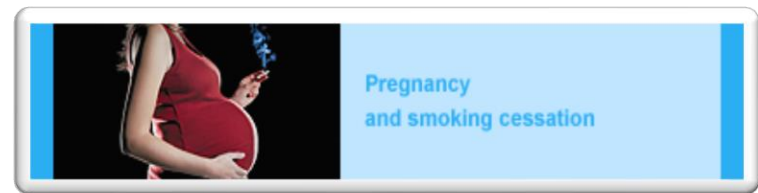
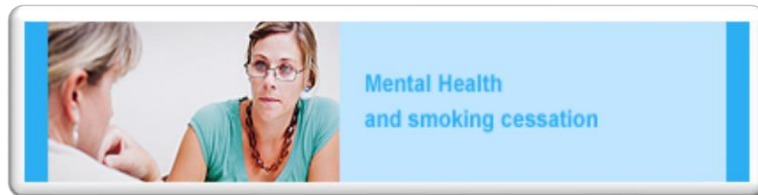
Prior to attending this training, the online NCSCT practitioner course needs to be completed which can be accessed at: <https://elearning.ncsct.co.uk/england>

1. Practitioner Training: Core competences in helping people stop smoking (Learning element)
2. Assessment of core knowledge and key practice skills (Assessment)

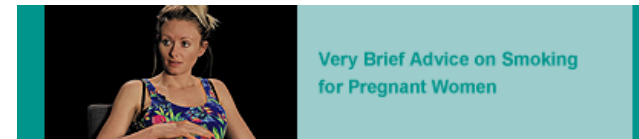
NCSCT

<https://elearning.ncsct.co.uk/england>

Specialty Modules: Pregnancy & MH



Additional Modules



Training



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Stop Smoking Practitioner Update/ Refresher Training

Tuesday 6th June 9.30am – 12.30pm

- Open to all practitioners who are delivering an evidence-based stop smoking service in Southampton.
- Recommended yearly attendance

Training



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Introducing the MASTERCLASS

25th April: NRT

2nd May: smoking cessation & pregnancy

9th May: Data

23rd May: E-cigarettes


30th May: Smoking statistics

13th June: Smoking cessation & mental health

20th June: Managing expectations.

27th June: behavioural support

11th July: Relapse prevention



1-2pm
Informal
Interactive

Training



Very Brief Advice (VBA) training

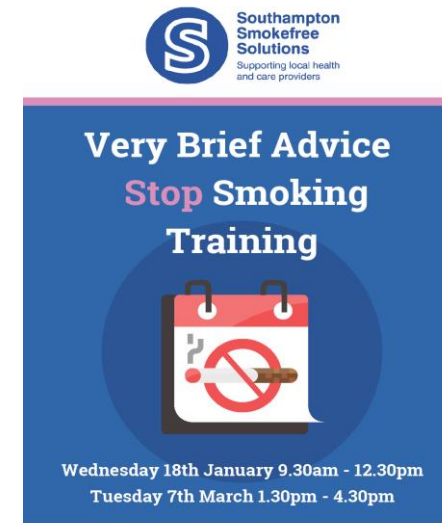
Open to all staff at all organisations:

- Wed 10th May 2-5pm
- Tues 19th September 9.30 – 12.30

Bespoke sessions available – we can attend Team meetings/ Target events

Flexible – min 30 mins

VBA encourages those who come into contact with smokers to confidently ask smoking status, advise on support available locally and act by referral to stop smoking support.



Best training I've been on in a long time – I was interested the whole way through, so thank you!

Training booking



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How much does it cost?

All training is free to all for those working in Southampton

Where is the training?

Online via MS Teams

How do I book?

Booking can be made via the form at <https://form.jotform.com/222122139902345>

And:

Bespoke sessions are available: we can attend team meetings, TARGET events etc

Campaigns: Ramadan 2023



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**Quit
smoking this
Ramadan** 



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**رمضان میں
سگریٹ نوشی
ترک کریں۔** 

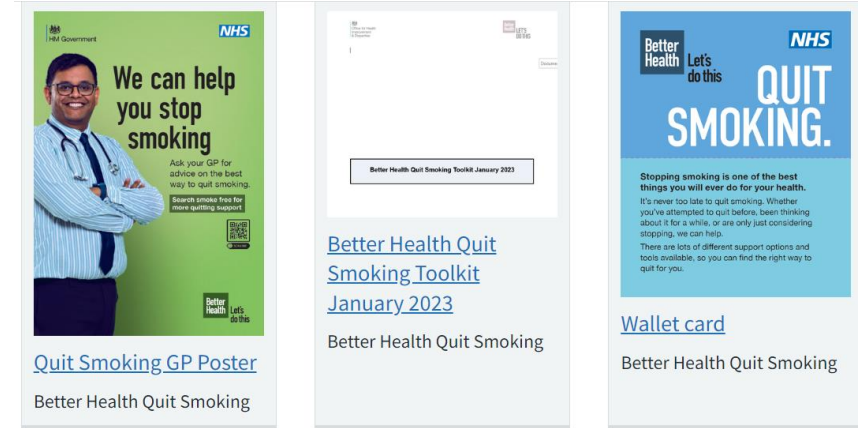


Campaigns

DEPARTMENT OF HEALTH RESOURCE CENTRE

[Search](#) | [Campaign Resource Centre \(dhsc.gov.uk\)](#)

- Posters
- Wallet Cards
- Digital Screen Animations
- NHS App Information
- Some available in Braille



Social media



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@southamptonSmokefreeSolutions



@southamptonSmokefree



@s_smokefree

Quit with Bella

Your AI-Powered Personal Stop Smoking Robo-Coach

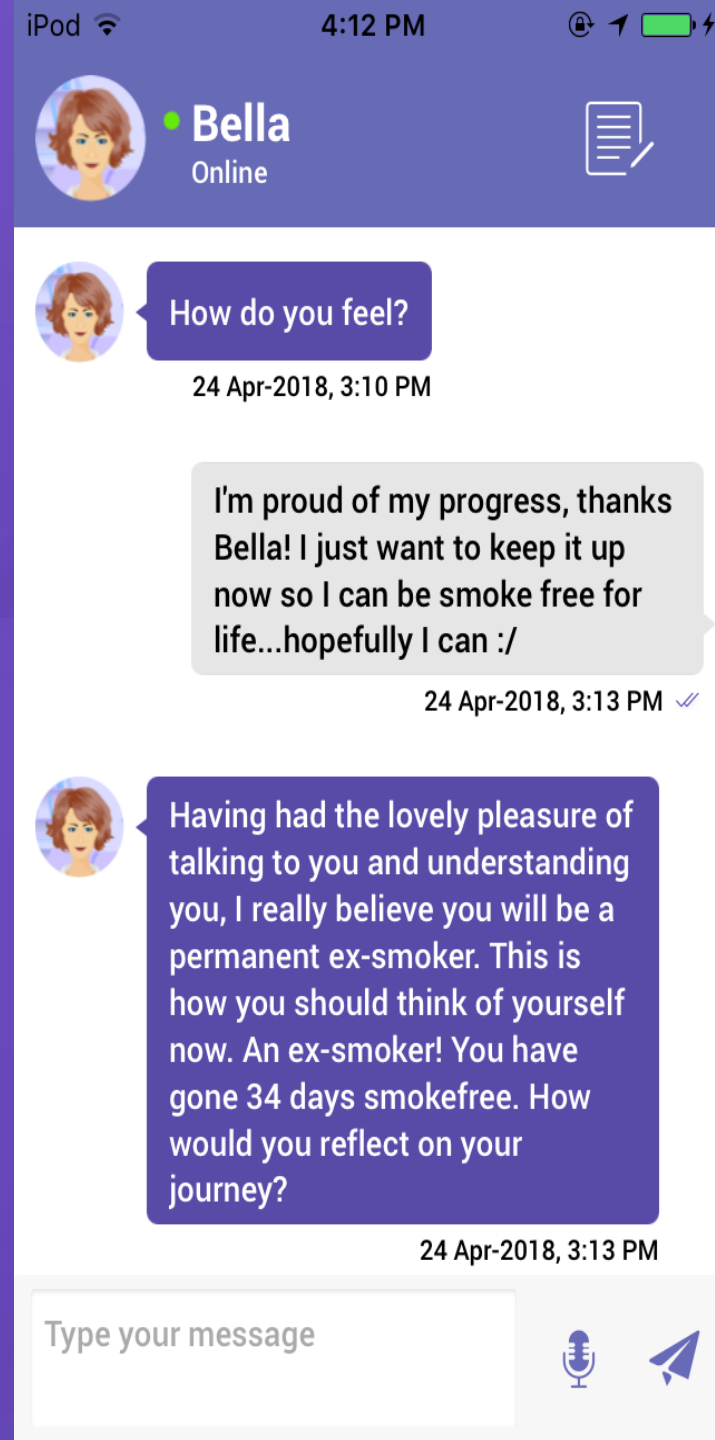
Download on the
App Store

GET IT ON
Google Play



- Expert 24/7 support, whenever you need it.
- Search 'Quit with Bella' now on App Store & Google Play for free stop smoking support.

 Solutions4Health



Service Leaflet



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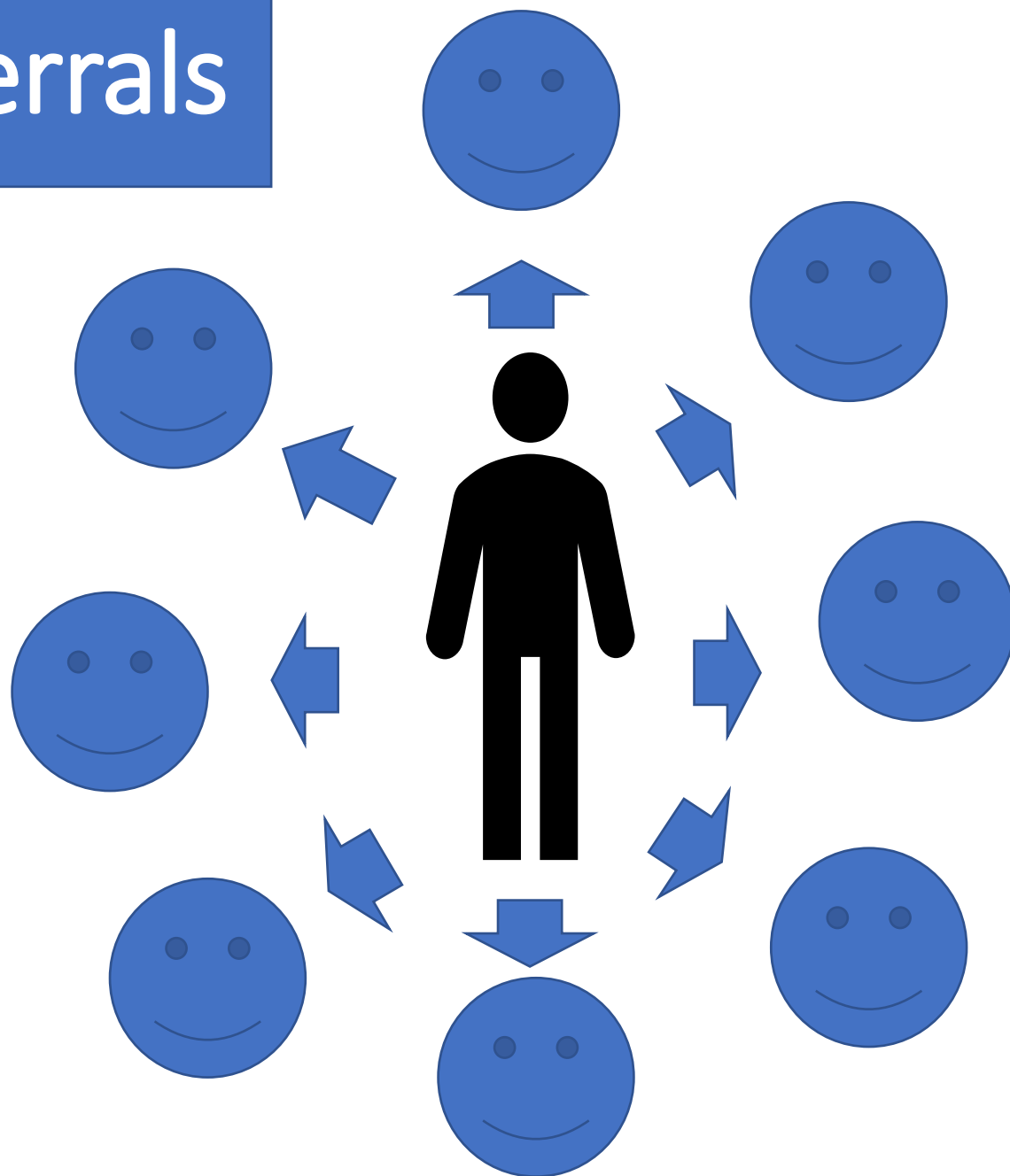
Task & Finish group:

Series of short meetings (1hr max) via MS Teams (3)

1. Review current materials & leaflets
2. Generate ideas for content of service leaflet
3. Review language need/ priority
4. Review format

Please nominate a representative from your team via email by 7th April

Direct Referrals



Data Collection



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NHS Digital quarterly collection. National collection of all smoking cessation data in the UK. All data is collated and forms part of the submission for Southampton City. This data informs future smoking cessation work including funding. Evidence base > Russell Standard > NHS Digital
<https://digital.nhs.uk/data-and-information/publications/statistical/statistics-on-nhs-stop-smoking-services-in-england/april-2021-to-december-2021>

54.5% of people successfully quit (self-reported)

Of 130,737 people setting a quit date, 71,203 were successful

Of those successfully quitting, 5.6% had their results confirmed by CO verification

Quitting success(self-reported) increased with age

45.7% of those aged under 18 were successful, compared to 57.8% of those aged 60 and over

46.3% of the pregnant women who set a quit date successfully quit

Of 11,976 pregnant women setting a quit date, 5,539 were successful

Of pregnant women successfully quitting, 16.2% had their results confirmed by CO verification



National Monitoring

- The purpose is to help monitor and evaluate the effectiveness and reach of stop smoking services.
- In order to improve the consistency and usefulness of the data collection and subsequent publications, it is important that all stop smoking services adopt **strict criteria** when deciding who to include in their monitoring return and the four-week quit status of clients.
- The CO verified 4-week success rate should generally be above 40%
- The self-reported 4-week success rate should generally be above 50% (recommended minimum figures for monitoring).
- Exceptions: Where four-week success rates fall outside a 35%–70% range.

Data Collection

	Deadline to SSS
Quarter 1 (April-June) 2022/23	13 th September 2022
Quarter 2 (July-September) 2022/23	13th December 2022
Quarter 3 (October-December) 2022/23	14th March 2023
Quarter 4 (January-March) 2022/23	13th June 2023

SC pharmacotherapy summary (OHD Feb 23)



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Licensed Varenicline and bupropion are both out of supply until further notice.

Unlicensed Varenicline: Importers of a generic version of varenicline have received the product in the UK and can make it available on an “unlicensed” basis to providers. Prescription of unlicensed medications is permitted, however, more complex than licensed formulas.

There is notably more burden and cost on prescribers, and unlicensed products cannot be used via Patient Group Direction (PGD).

Cytisine: This smoking cessation product is currently used across Europe and North America. A manufacturer does have a MHRA Licence for cytisine as a Prescription only Medicine, however, the product is not yet available in the UK

Nicotine Replacement Therapy: There have been some local supply issues, however, supplies remain good nationally.

SC pharmacotherapy summary



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Licensed nicotine vaping products (e-cigarettes): It is unknown when a licensed product will be available.

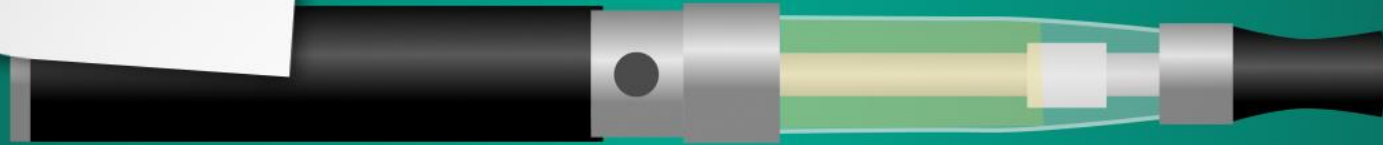
Nicotine Vaping Products (e-cigarettes):

OHID has supported Crown Commercial Services (CCS) to make vaping products available on existing procurement platforms. Two procurement platform providers will create a vaping products catalogue. These will be available to access by all public bodies from April 2023. These procurement platforms will enable public bodies to purchase a range of notified nicotine vaping products from an approved national source.



Public Health
England

At least
95%
less harmful



E-cigarettes are not risk free but
are far less harmful than cigarettes

Smoking Cessation & vapes

- Electronic cigarettes are the most popular form of smoking cessation in England. An estimated 2,500,000 people used electronic cigarettes in 2019, and over half have stopped smoking completely^[1].
- PHE > there is growing evidence to suggest that using electronic cigarettes are the one of the most effective way to quit smoking^[2], & that electronic cigarettes are contributing towards at least 20,000 quits per year, and probably more ^[3].
- Studies indicate vaping is between 70% and 95% more effective than NRT with 4-week quit rates @ 60% -80%.

[1] [Public Health England, Health matters: stopping smoking – what works?](#)

[2] [Public Health England, E-cigarette evidence update – patterns and use in adults and young people](#)

[3] [Public Health England, PHE publishes independent expert e-cigarettes evidence review](#)

Smoking Cessation: Cochrane: Living systematic review



Objective: To examine the effectiveness, tolerability, and safety of using electronic cigarettes to help people who smoke tobacco achieve long-term smoking abstinence.

Key messages :

- Nicotine e-cigarettes can help people to stop smoking for at least six months. Evidence shows they work better than nicotine replacement therapy, and probably better than e-cigarettes without nicotine.
- They may work better than no support, or behavioural support alone, and they may not be associated with serious unwanted effects.
- However, we still need more evidence, particularly about the effects of newer types of e-cigarettes that have better nicotine delivery than older types of e-cigarettes, as better nicotine delivery might help more people quit smoking.

- Electronic cigarettes seem to be particularly effective when combined with the support provided by stop smoking services. Hajek et al. found that smokers who combined electronic cigarettes with behavioural support achieved one year quit rates of 18%, compared to 9.9% with smokers who combined behavioural support with nicotine cessation aids [4].
- Electronic cigarettes are often considered as an alternative to cigarettes. However, evidence now suggests that many smokers use them as a step towards complete nicotine cessation. In the UK, 2.2 million ex-smokers who took up vaping have now quit nicotine entirely [5].
- Vapers often do this by slowly reducing the nicotine levels in their e-liquid, sometimes moving on to zero nicotine e-liquids. This process can take months or even years.

•[4] [Hajek et al, A Randomized Trial of E-Cigarettes versus Nicotine-Replacement Therapy,](#)

•[5] [Action on Smoking and Health, In 2019 around half as many Britons now vape as smoke, and the majority are ex-smokers](#)

Smoking Cessation: NICE (NG209) 12+ (18+ecigs)

1.12.13 Give clear, consistent and up-to-date information about nicotine-containing e-cigarettes to adults who are interested in using them to stop smoking **[2021]**

1.12.14 Advise adults how to use nicotine-containing e-cigarettes. This includes explaining that:

- e-cigarettes are not licensed medicines but are regulated by the [Tobacco and Related Products Regulations \(2016\)](#)
- there is not enough evidence to know whether there are long-term harms from e-cigarette use
- use of e-cigarettes is likely to be substantially less harmful than smoking
- any smoking is harmful, so people using e-cigarettes should stop smoking tobacco completely. **[2021]**

1.12.15 Discuss:

how long the person intends to use nicotine-containing e-cigarettes focusing them for long enough to prevent a return to smoking **and** how to stop using them when they are ready to do so. **[2021]**

1.12.16 Ask adults using nicotine-containing e-cigarettes about any side effects or [safety](#) concerns that they may experience. Report these to the [MHRA Yellow Card scheme](#), and let people know they can report side effects directly. **[2021]**

1.12.17 Explain to adults who choose to use nicotine-containing e-cigarettes the importance of getting enough nicotine to overcome withdrawal symptoms, and explain how to get enough nicotine. **[2021]**

Vaping: Supporting clients who want to stop vaping NCSCT: Nov 22



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- Assess risk of relapse to smoking and offer tailored support to clients who want to stop vaping, either gradually or in one step.
- Assessing the client's needs and risk of relapse (using scaling question)
- Option to switch to NRT?
- Gradually reduce nicotine strength in vape
- Extend the time in between vaping
- Set rules

<https://www.ncsct.co.uk/usr/pub/Supporting%20stopping%20vaping.pdf>

Vapes: young people



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ASH resources on youth vaping

- Posters
- Animation
- Leaflet
- Classroom presentation
- Factsheets

<https://ash.org.uk/resources/view/ash-brief-for-local-authorities-on-youth-vaping>