

6th June 2024

10am	Welcome & Introductions
10.15 - 10.30am	Southampton Smokefree Solutions update
10.30 - 11am	<ul style="list-style-type: none">• Marketing• Swap to Stop• Data
11-11.30am	Open discussion



**Southampton
Smokefree
Solutions**

Supporting local health
and care providers

Training

Level 2 Stop Smoking Practitioner Training

Wednesday 25th September

9am – 4.30pm via MS Teams

- Interactive training
- Concentrates on skills required to deliver the smoking cessation service
- 1 day

Builds upon the NCSCT practitioner training 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)

Training: Masterclass



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<u>18th April</u>	Data & new data requirements
<u>25th April</u>	Behavioural strategies to support clients
<u>2nd May</u>	Nicotine Dependence
<u>9th May</u>	Managing Expectations
<u>16th May</u>	Which medication?
<u>23rd May</u>	Smoking & pregnancy
<u>30th May</u>	Vaping
<u>27th June</u>	Smoking & mental health
<u>20th June</u>	Relapse Prevention

Training



Very Brief Advice (VBA) training

- 3rd July 9.30am - 12.30pm
- Tuesday 1st October 6-9pm
- Thursday 14th November 9.30am - 12.30pm

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.

Aim to train all staff in all organisations.

PCN TARGET events

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

Flexible - min 30 mins

Dates for your diary! Network meetings

Wed 24th July 10am - 11.30am
Thurs 26th Sept 10am - 11.30am



Training booking



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Supporting local health
and care providers



All training is free to all for those working in Southampton



Online via MS Teams or f2f



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

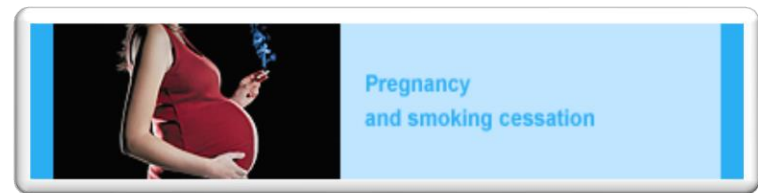
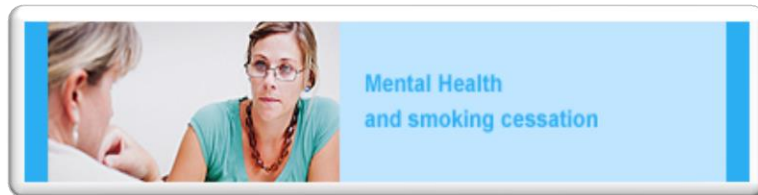


Bespoke sessions are available: we can attend team meetings, TARGET events etc

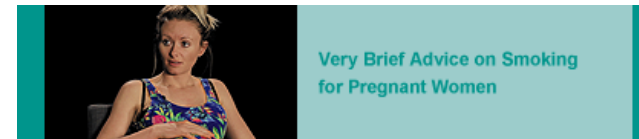
NCSCT

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

Specialty Modules: Pregnancy & MH



Additional Modules



Pharmacies offering the stop smoking programme - drop in free service

Bassett Pharmacy

Pharmacy Direct, Bitterne

Bassil Pharmacy

Portswood Day Lewis

Bitterne Pharmacy

Regents Park Pharmacy

Burgess Road Pharmacy

Sangha Pharmacy

Highfield Pharmacy

Shirley Pharmacy

Lordswood Pharmacy

Nightingale Pharmacy

Millbrook Pharmacy

Superdrug Woolston

Telephone House Surgery

Marketing/ Promoting the service

- Aim to reach 5% of the smoking population
- Do patients know there is smoking cessation support available?
- Do they know how to access support?

Better Health Campaign

Better Health Smoke free **NHS**

You know you want to quit.
We know you can.



Get free support to quit smoking.

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It's never too late
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For free quitting
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Better
Health

Smoke
free

QUIT-PO-2

**You know you
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Better
Health

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NHS

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Better
Health

Smoke
free

QUIT-PO-1

NHS

**Better
Health** Smoke
free

NHS



**Better
Health** Smoke
free

NHS



**Better
Health** Smoke
free

NHS



Wallet cards



Quit Smoking wallet card (bundle of 50)

ZIP containing a PDF

[Download this resource](#)

ZIP, 137.1 KB

Order this resource

[Add to basket](#)

Maximum order quantity: 5

- Ten-sided Quit Smoking wallet card promoting the benefits of quitting smoking and the range of free support available.
- Order in bundles of 50 wallet cards or to download as a PDF. Please note that an order of '1' unit is equal to 50 individual wallet cards. The maximum order quantity is '5' which is equal to 250 individual wallet cards.
- If you would like to order a larger quantity or wish to discuss the possibility of tailoring this resource please email partnerships@dhsc.gov.uk.



Quit Smoking Benefits Poster

Download this resource

PDF, 176.9 KB

Order this resource

1

Add to basket

Maximum order quantity: 10



Quit smoking easy read leaflet

Download this resource

PDF, 45.1 MB

Order this resource

Add to basket

Maximum order quantity: 50

<https://campaignresources.dhsc.gov.uk/>



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Better Health 2024

Swap to Stop

Nicotine vapes are the most popular stop smoking aid in England, being used in approximately 35% of quit attempts.

While vaping is not risk-free, in the short- and medium-term, vaping poses a small fraction of the risks of smoking.

Nicotine vapes are generally more effective than NRT in aiding smoking cessation, with similar effectiveness to varenicline in clinical trials

What is Swap to Stop?

The Swap to Stop scheme is a world-first national initiative to encourage people who smoke in England to switch from cigarettes to nicotine vapes.

One million people will receive free vape starter kits and behavioural support to help them stop completely.

There are a choice of products, strengths and flavours that will allow people who smoke to find the product that works best for them.

Criteria:

behavioural support will be provided alongside the vape starter pack.

activity will be captured and reported via the existing Stop Smoking Service Quarterly Return

Example: (wave 1)

- Started Dec 13th 2023
- Using TW Skope Air vape
- Direct supply
- Targeted populations



Data (Jan - March 2024)

**Nos SAQD:
35**

**Nos 4WQ:
21**

Resources:

- NCSCT briefing - Vaping: a guide for health and social care professionals
- Vaping: a guide for healthcare professionals online training module
- NCSCT: Swap to Stop



Cytisine

- The ICB and Public Health Consultants across HloW are in discussion.
- We will keep you posted.

Changes

- Gender reporting
 - Sexual orientation - mandatory for reporting
 - Reframing of smoking aids
 - Reframing of session types
 - Swap to stop
 - Referral reporting
- Changes from 1st April 2024

Importance

- **NHS Digital quarterly collection**. National collection of all smoking cessation data in England.
 - 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>

Tips

- All practitioners need a Carbon monoxide monitor
- 4 week quits preferably CO verified
- Everyone who SAQD must be followed up at 4 weeks (4 week outcome data very important)
- If in doubt follow:
<https://www.ncsct.co.uk/library/view/pdf/NCSCCT%20Standard%20Treatment%20Programme.pdf>
- SSS available for support

Client Evaluation



NHS Stop Smoking Service Client Satisfaction Survey

It is important that NHS Stop Smoking Services know if there is anything that they could do to improve the support that they provide to smokers. Your views about this are very important to us and will be treated in the strictest confidence. The results of this survey will be used for research and service development purposes. **Please answer the following questions as honestly as you can, place the questionnaire in the envelope provided and return the questionnaire to your stop smoking advisor. Thank you.**

Please circle the appropriate number for each question:

1. Overall, how satisfied were you with the support you received to stop smoking?

Very Unsatisfied	Unsatisfied	Unsure	Satisfied	Very Satisfied
1	2	3	4	5

2. Would you recommend this service to other smokers who want to stop smoking?

No	Unsure	Yes
0	1	2

3. Have you smoked since your last appointment with the service?

No, not a single puff	Yes, just a few puffs	Yes, 1-5 cigarettes	More than 5 cigarettes
1	2	3	4

If there are any changes that you would like to see to the Stop Smoking Service, or if there was anything they did particularly well, then please write them here:

[Stop Smoking Service Client Satisfaction Questionnaire \(brief\) \(ncsct.co.uk\)](https://www.ncsct.co.uk)