

# Going Smokefree in a Mental Health Trust



## Background

Smoking is the biggest preventable cause of death in England. 42% of all the tobacco smoked in this country is by people with mental health problems who therefore disproportionately experience tobacco related harm and die on average 15-20 years younger than the general population. In April 2016, Leeds and York Partnership Foundation Trust implemented PH48 Guidance that recommends secondary care providers become smokefree. The Trust implemented a Smokefree and Nicotine Management Procedure to prevent the smoking of tobacco in Trust buildings and grounds. We worked in partnership with Leeds Stop Smoking Service to ensure that the nicotine dependency needs of service users and staff were met. We committed ourselves to providing NRT to service users within 30 minutes of admission to an inpatient unit. In the community, the pathway includes a smoking assessment, brief advice and/or referral to local stop smoking services.

## Implementation

We implemented a Smokefree and Nicotine Management Procedure. The preparation for the launch took about a year. The planning and early implementation of the procedure was overseen by a Smokefree task and finish group made up of key stakeholders, organised into four work streams:

### Communication and engagement

Developed and delivered a comprehensive communications plan to engage and consult with key stakeholder groups including staff, service users, partner organisations and the public. Innovative methods were used including an animation and video clips as well as written and web-based information.

### Estates

Co-ordinated changes to trust estate to promote the smokefree message e.g. signage and removal of smoking facilities.

### Human Resources

Addressed the workforce implications of smokefree implementation. Led the development of the trust smokefree and nicotine management procedure. This involved representatives from services from across the trust, unions, estates, communications and service users.

### Training

Developed a bespoke programme of training for our staff in partnership with Leeds Stop Smoking Services to ensure the nicotine dependency needs of service users and staff would be met robustly and consistently, including provision of NRT products and behavioural support. A staff support system was provided to enable staff who smoked to access support from Trust Level 2 smoking cessation advisors to abstain from smoking at work or initiate a quit plan. Advisors were trained in Health Coaching to facilitate a consistent and effective self-management approach.

## Results

Although the Trust is still in the early stages of implementation, there have been a number of notable successes. Many quit attempts for both staff and service users have been reported, alongside an overall significant reduction in tobacco consumption. This initiative is a massive cultural shift and there are many on-going challenges but the Trust is committed to improving the overall physical and mental health of its service users and staff.

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