



**Health & Social Care**  
North Lanarkshire

# Healthier independent lives

**Integrated Care Pathway for the Management of  
Nicotine Addiction (ICP)**  
**27<sup>th</sup> October 2016**

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Stop Smoking Nurse Specialist


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## Tobacco Control Strategic direction

- Prevention: Uptake of future generations
  - Protection: Second Hand Smoke (SHS)
  - Cessation: Specialist services *(for people who want to quit)*
  - Support and Leadership: Monitoring and evaluation
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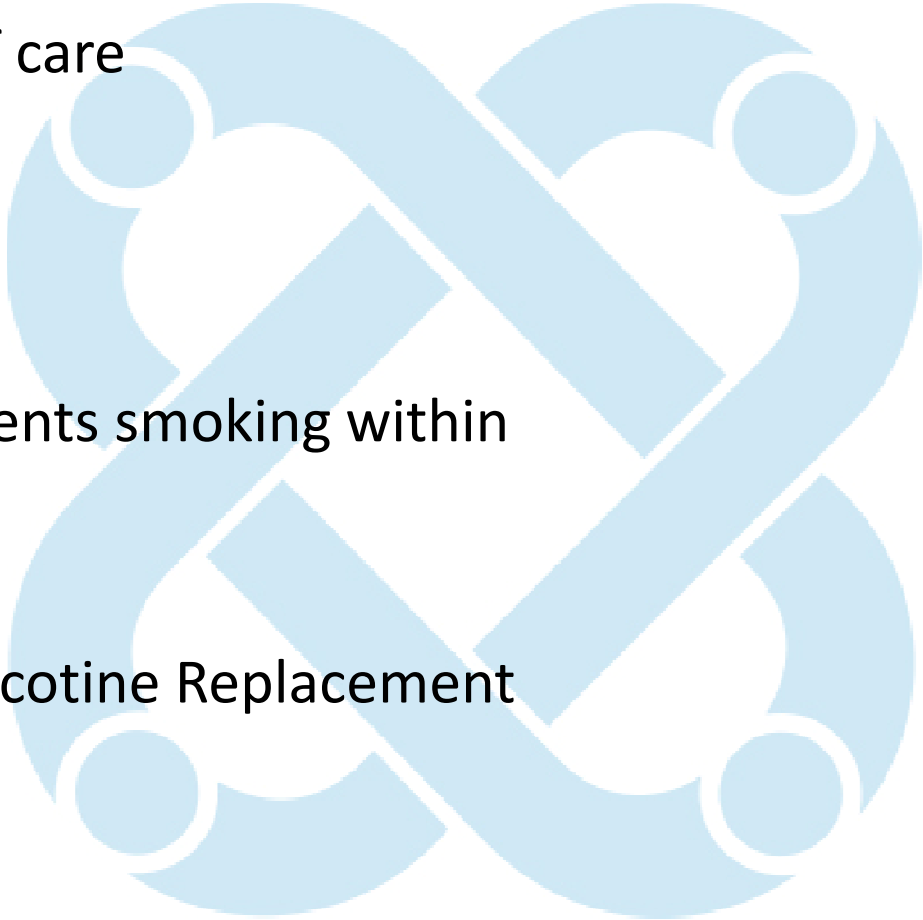
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## National and Local Guidelines

- A guide to smoking cessation in Scotland (2010)
  - The Healthcare Quality Strategy for NHS Scotland (2010)
  - NHS Lanarkshire No Smoking Policy (2014)
  - National Targets
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## Why ICP was required

- Equity and consistency of care
  - Improve patient comfort
  - Appropriate referrals
  - Increase in quit attempts
  - Reduce incidence of patients smoking within acute sites
  - Increase staff knowledge
  - Increase availability of Nicotine Replacement Therapy (NRT)
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## Integrated Care Pathway

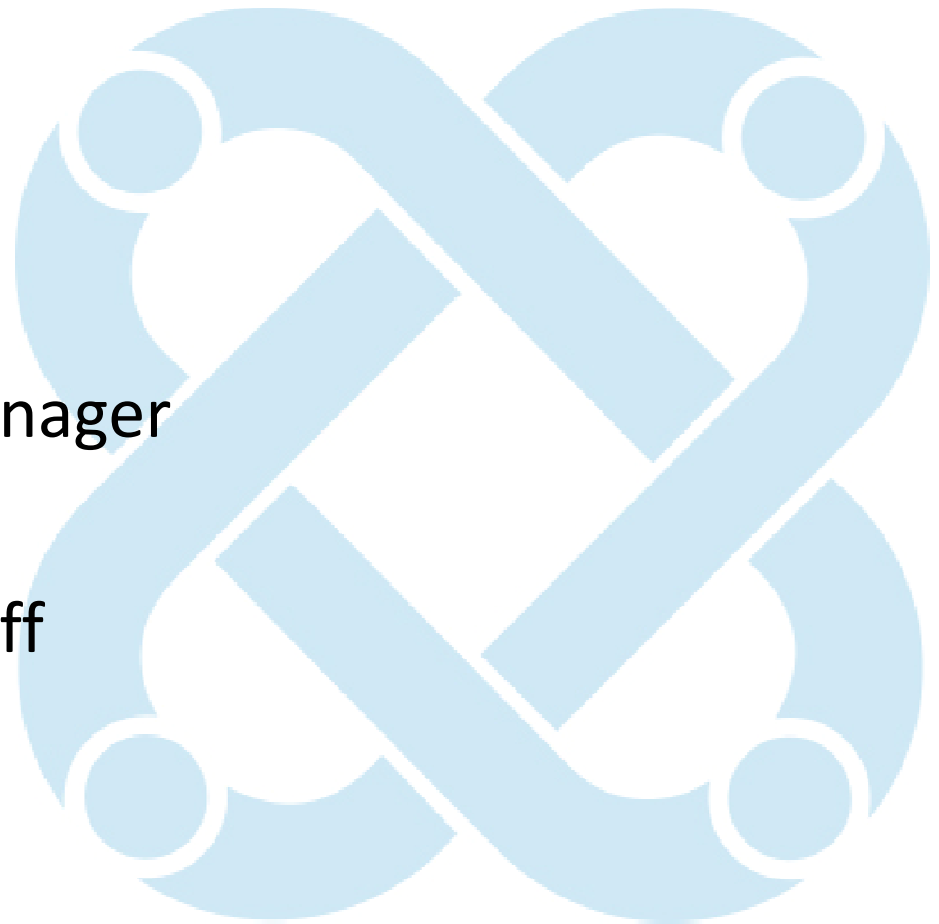
- Structured guidelines
  - Evidence based
  - Specific patient/client group
  - Clinical record
  - Provides evaluation of outcomes for continuous quality improvement
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## Development Process

### Formed ICP Working Group

- Senior Nurse
- Stop Smoking Service Manager
- Senior Pharmacist
- Practice development staff
- Clinical Governance staff



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## Pilot

### Selected


- Coronary Care Unit
- Respiratory Ward
- Emergency Receiving Ward

### Resources

- Ward Managers
- Stop Smoking Nurse
- Link Nurses
- Pharmacist
- Documents



# ICP Document

Patient name: <small>(or attach label)</small>	NHS Lanarkshire	
Address:	<b>Management of Nicotine Addiction (Inpatient)</b>	
Date of Birth:	Hospital: <input type="checkbox"/> Hairmyres <input type="checkbox"/> Monklands <input type="checkbox"/> Wishaw	
CHI number:	<input type="checkbox"/> Other: <small>(specify)</small>	
	Date: _____	Ward: _____

**Hospital Inpatient Management of Nicotine Addiction**

**Assess Patient for Nicotine Dependency**  
Ask, "How long it is from waking until your first smoke?"

1. If within an hour this would suggest a high dependency to nicotine (usually will smoke a minimum of around 15-20 per day)
2. If after 1 hour would suggest less dependent (usually will smoke less than 10 per day)
3. Nicotine withdrawal can cause agitation, aggression, confusion, sleep disturbance, anxiety, cravings.

**Does the patient want to stop smoking NOW, while an inpatient?**

NO

YES

**Advise re risk to health of continued smoking, benefits of stopping smoking and give the following information:**

- "Aspire Stop Smoking" magazine (for future use)
- Patient should be advised that they may experience nicotine withdrawal while an inpatient.
- Do they need symptomatic relief for acute withdrawal?

**Products recommended:**

- 21mg Niquitin CQ 24 hour clear patch (for 10+ cigarettes smoked per day)
- 15mg Nicorette 16 hour clear patch (for less than 10 cigarettes smoked per day)
- 15mg Nicorette Inhalator (suitable for all smokers to use)

*Note: In an acute phase of any illness NRT should only be prescribed following discussion with the patient's medical team.  
If the patient is pregnant and unable to stop smoking without Nicotine Replacement the preferred product is a 15mg inhalator, however if this product is not suitable for client to use, a 16 hour patch can be prescribed. All pregnant women require to be referred to the Stop Smoking Service.*

- Ask patient before discharge if they would like to quit.
- If yes, refer to Stop Smoking Service and discharge with 2 weeks NRT.
- If no, discontinue NRT on discharge.

**Refer patients to the Stop Smoking Nurse Specialist for the hospital they are in:**

Hairmyres:	01355 585502
Monklands:	01236 712779
Wishaw:	01698 366466

- Encourage patients quit attempt and ensure NRT is dispensed daily as prescribed.
- Two weeks prescribed NRT must be given with the discharge prescription.

<b>Administration of Nicotine Replacement Therapy</b>	
NRT prescribed?	<input type="checkbox"/> Yes <input type="checkbox"/> No Date: ___ / ___ / ___ Signature: _____
NRT started?	<input type="checkbox"/> Yes <input type="checkbox"/> No Date: ___ / ___ / ___ Signature: _____



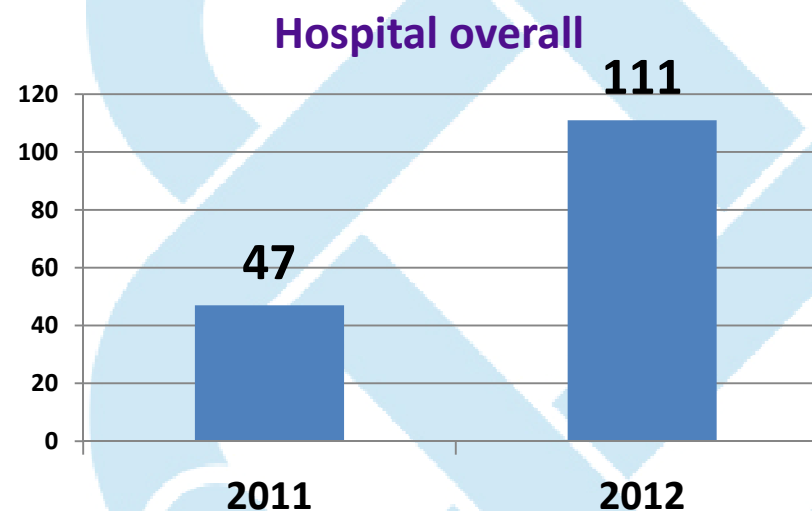
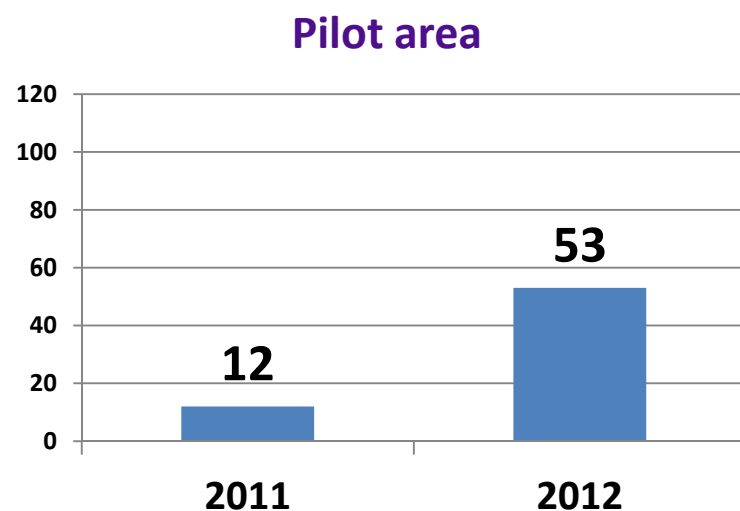
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## Evaluation

- Appropriate referrals
- Staff survey
- Patient survey

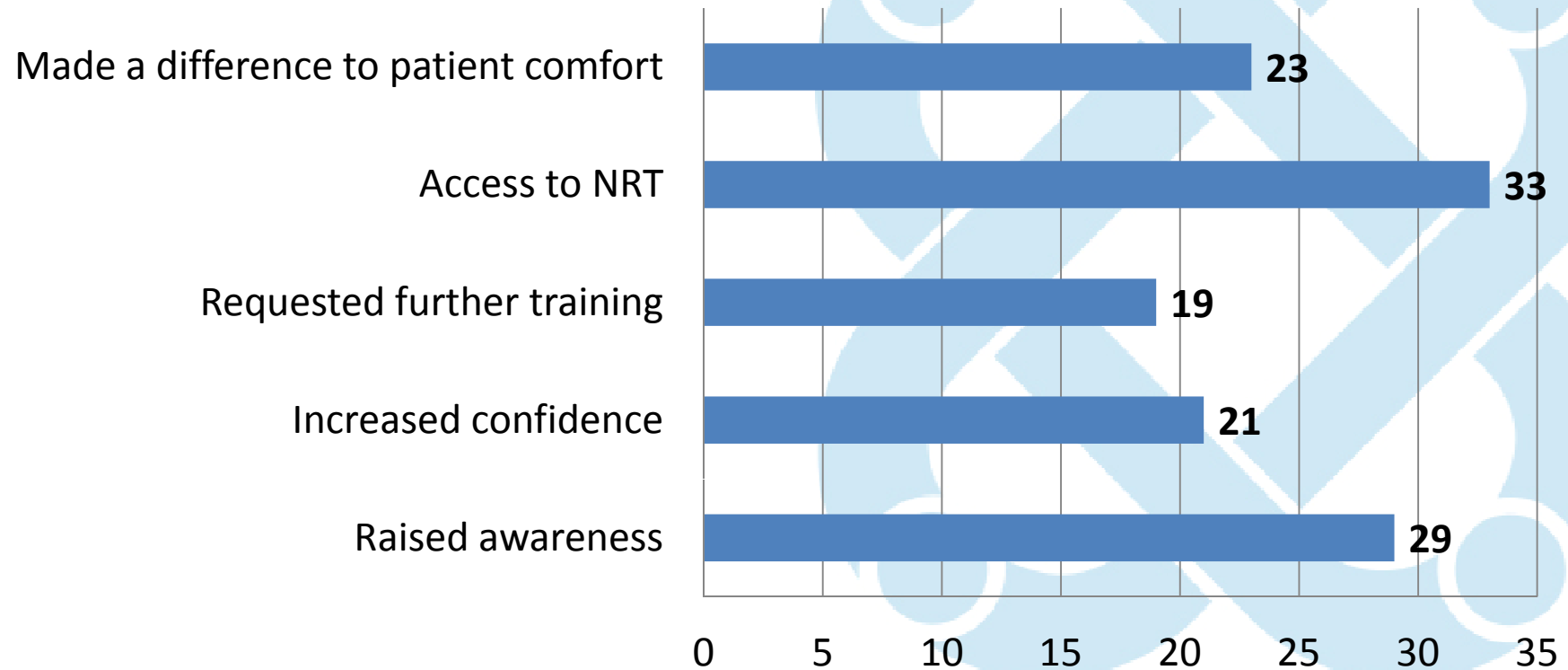


## Referrals 2 months pilot period (2012) in comparison to previous year (2011)



## Staff Survey

(36 completed survey)



## Staff Feedback

“Feel more confident  
To discuss stopping  
smoking with  
Patient”



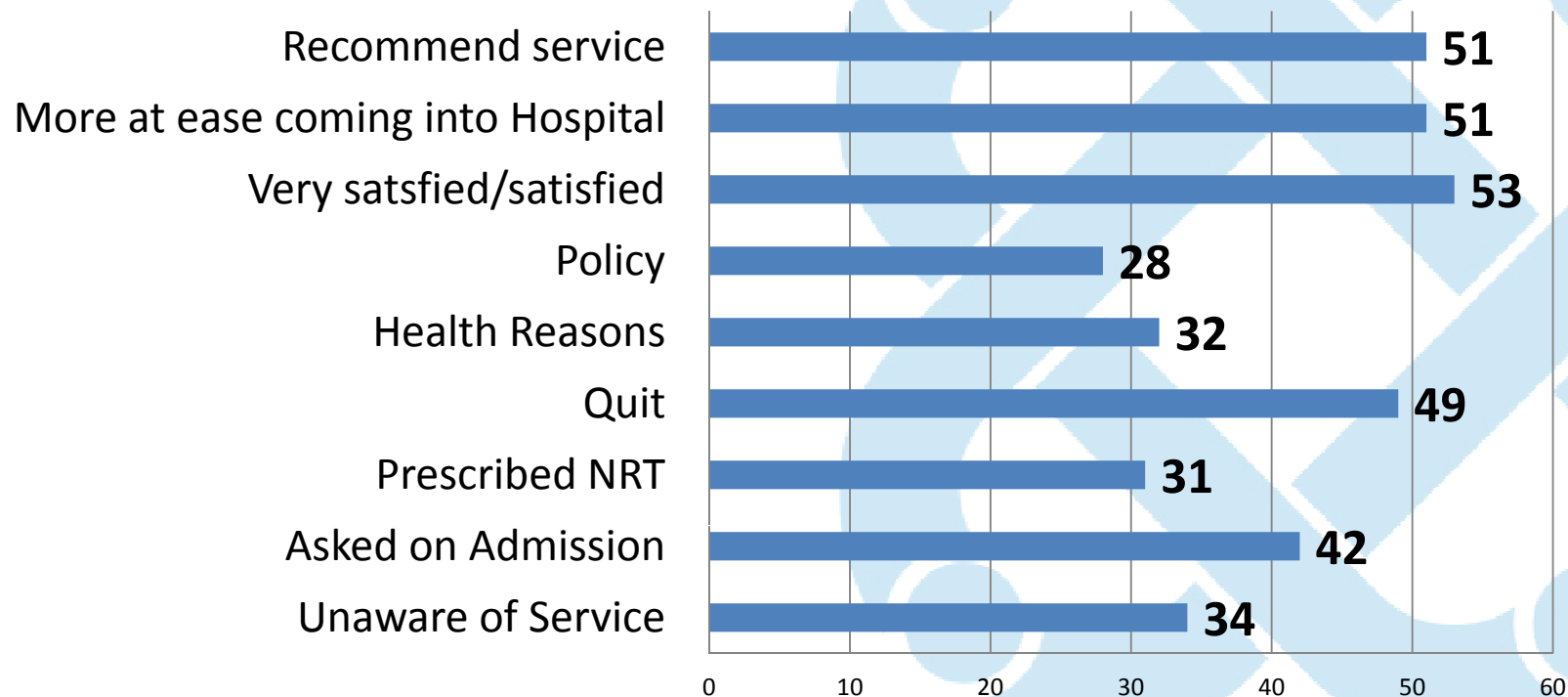
“Recognise  
Nicotine withdrawal  
symptoms”

“Would like  
more training”

“Understand  
Nicotine addiction”

## Findings from patient survey

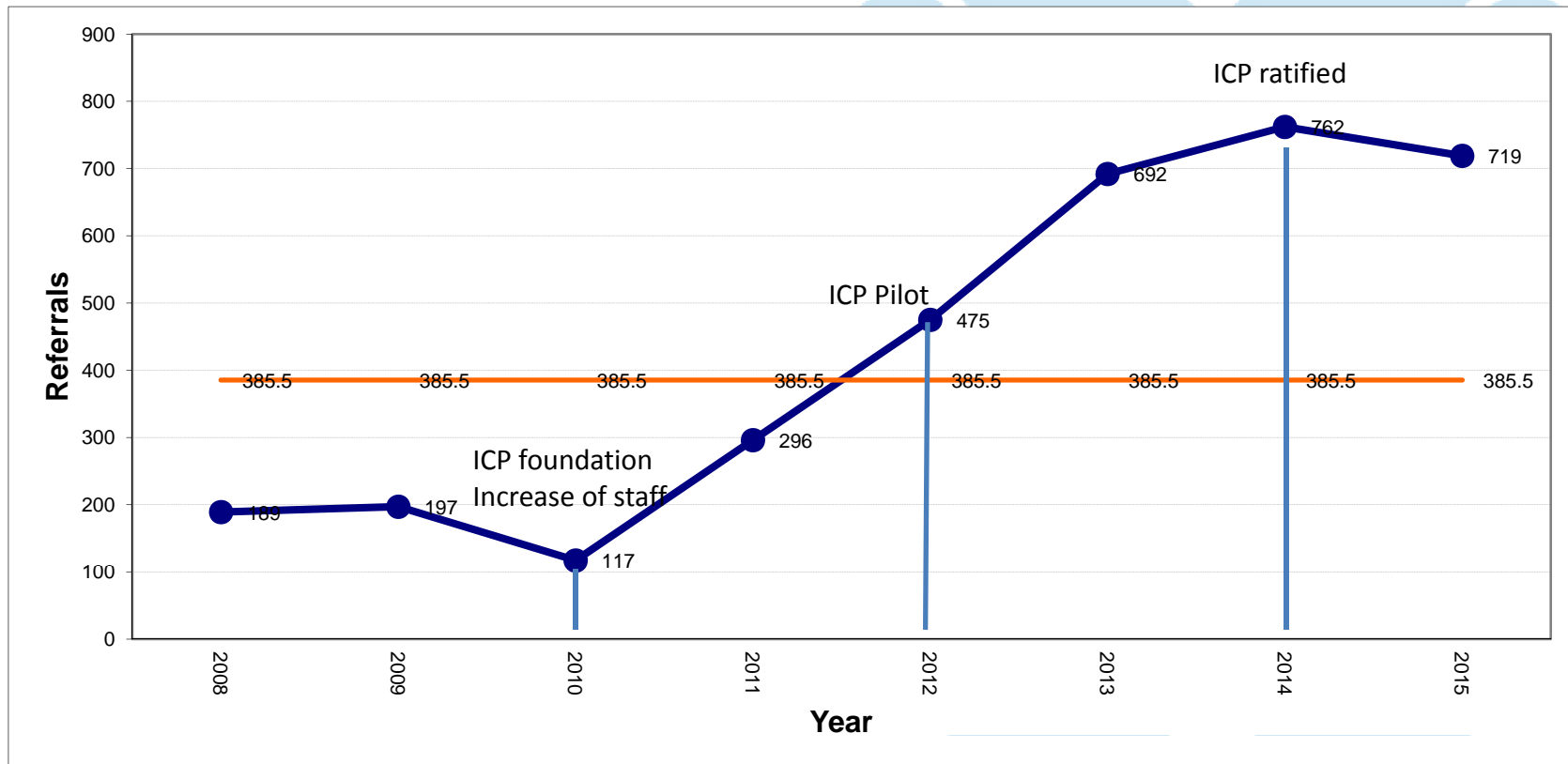
100 ICP completed/53 patients contacted



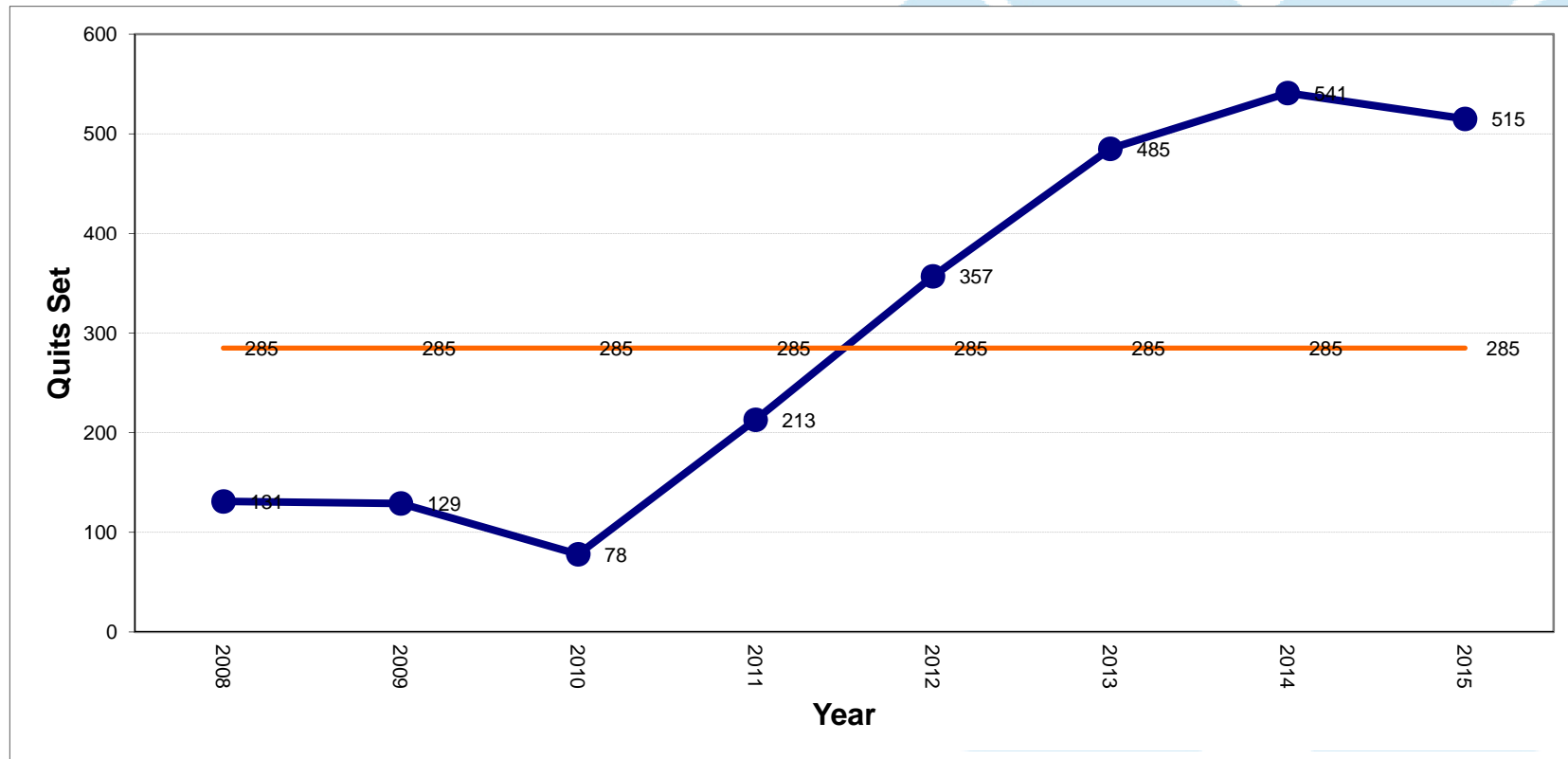
## Patient's Feedback



## Referrals to Hairmyres Hospital

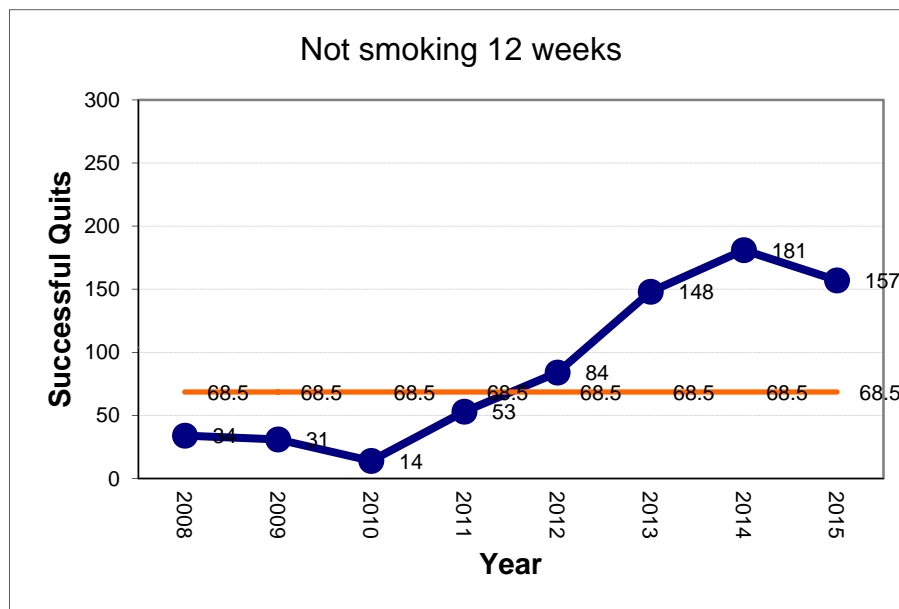
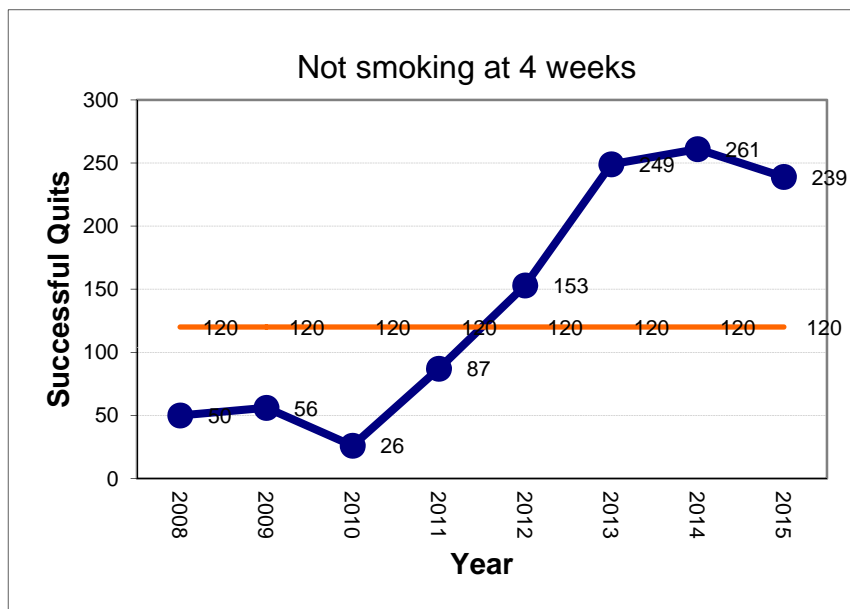


## Quits Set (Hairmyres)



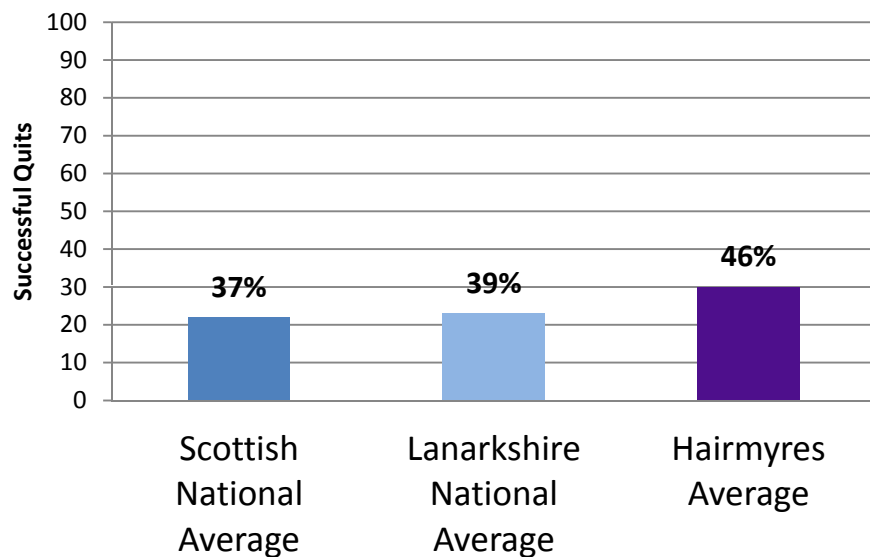


# Hairmyres Hospital Follow ups

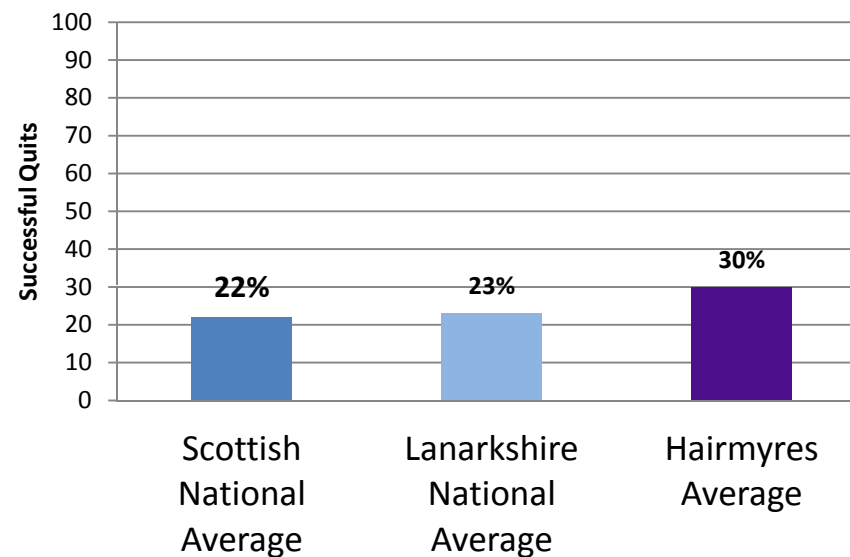


## 2015 to 2016

**4 week success**



**12 week success**



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## Summary

- Improved patient care
- Increased staff Knowledge
- Increase in referrals
- Supports Policy/Strategy
- Contributes to targets



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independent  
**lives**



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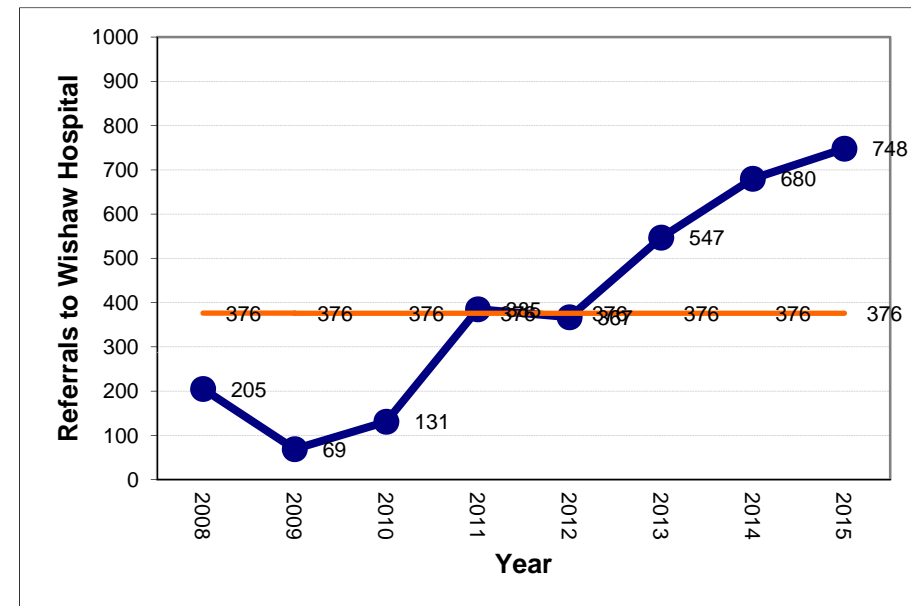
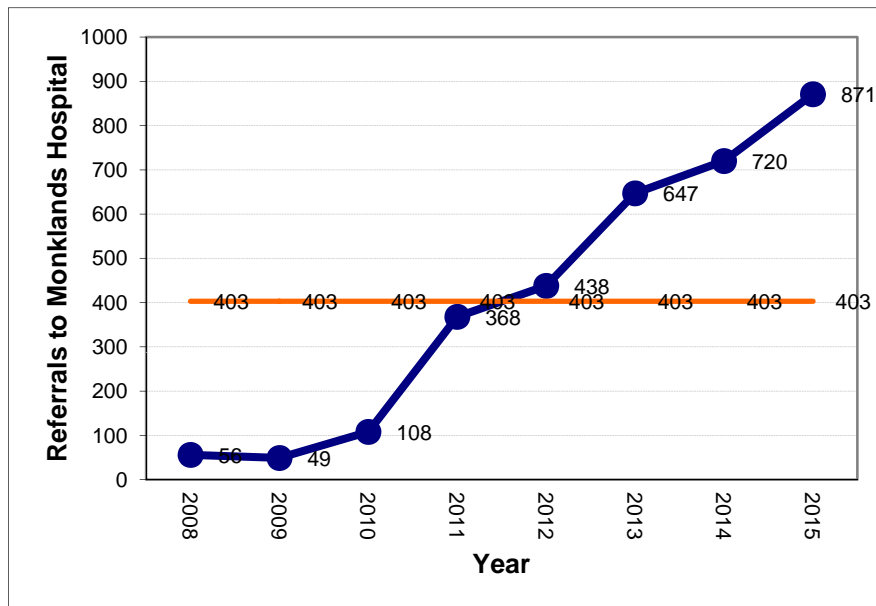
Any questions



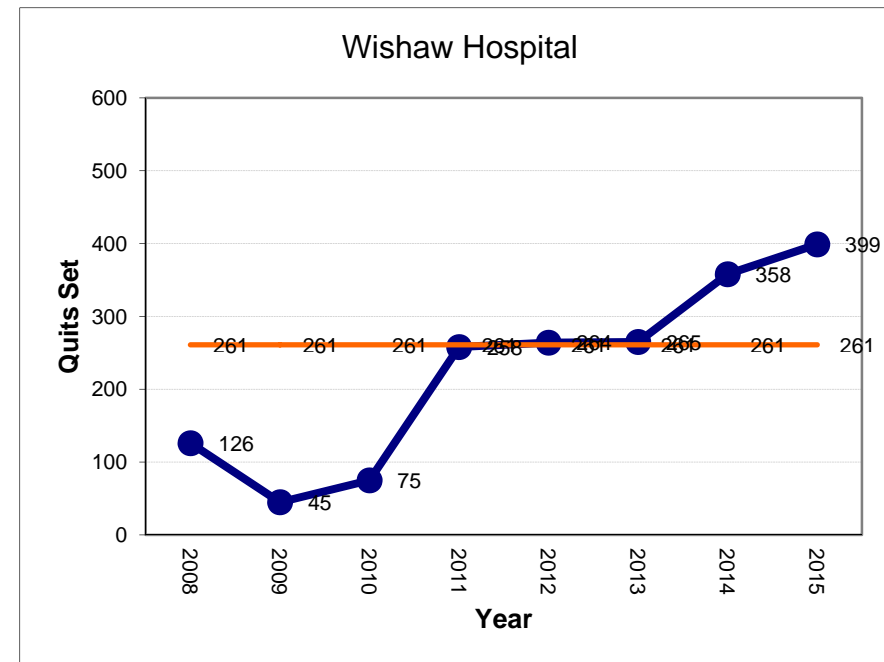
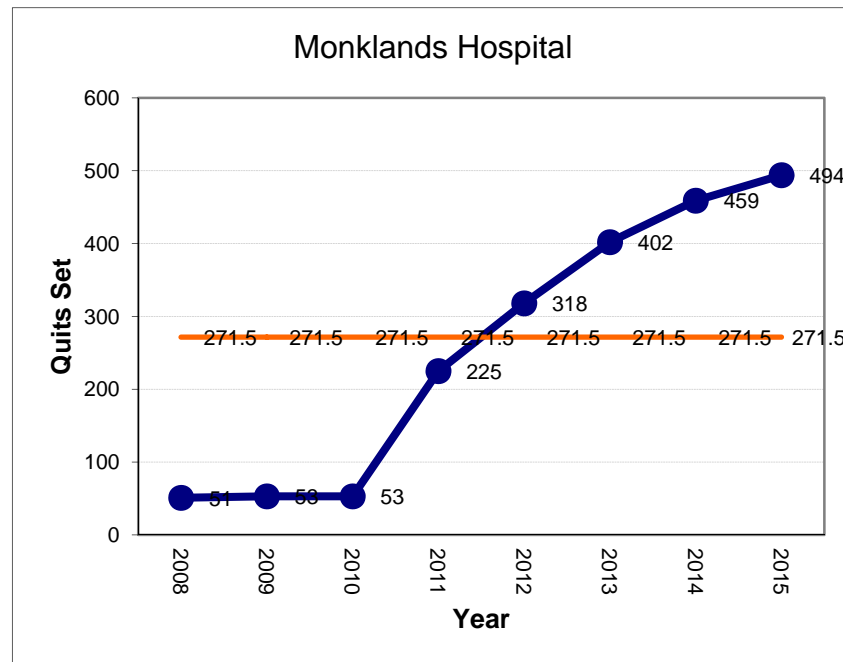
**Jacqueline.MacDonald@lanarkshire.scot.nhs.uk**  
**Phone 01355 585502**

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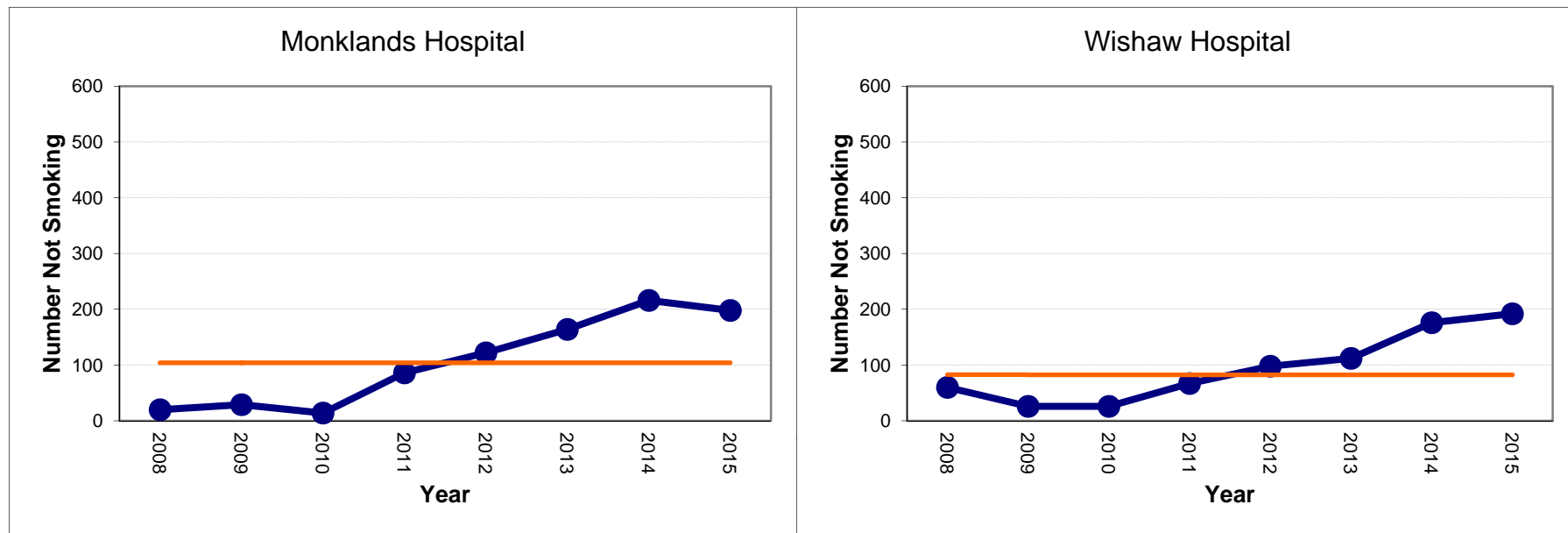
## Referrals to Monklands and WGH



## Quits set Monklands and WGH



## 4 week Follow ups Monklands and Wishaw



## 12 week Follow ups Monklands and Wishaw

