

“Go for Gold”

Pre-Conference on Tobacco-Free Health Services

Manchester 14th April 2010

Applicant Organisation: St. Vincent's University Hospital, Dublin

Country: Republic of Ireland

Presenters' Names: Dr Kirsten Doherty & Ms. Irene Gilroy



Demographic Data Slide

- **Organisation Owner:** Voluntary public hospital
- **Chief Administrator:** Mr Bill Maher, Director of Operations/General Manager
- **Any Particular Subspecialities:** Liver Transplant Unit, Cystic Fibrosis, Breast Cancer, Psychiatric Unit

Hospital/Health Service Name

- Brief Organisation History:
 - Established 1834 by Irish Sisters of Charity
 - Teaching hospital affiliated to University College Dublin
- Capacity: 478 beds
- Duration of Stay: 10.8 days
- Main Funding Source:
 - Health Service Executive (publicly funded)




ENSH Smoke-free standards

At a national level:

- 2004 Workplace smoking ban legislation

At a department level:

- 4 decades of smoking cessation research & clinical work
 - HPH member - 1997
 - Comprehensive smoking cessation service - 2001
 - ENSH silver awards since 2002
- 
- Smoke-free campus - 2009

ENSH Standard 1: Commitment

Evidence base for implementation

Figure 1: Patient Survey 2006 - "Do you think this hospital should go completely smoke-free, including the grounds?"

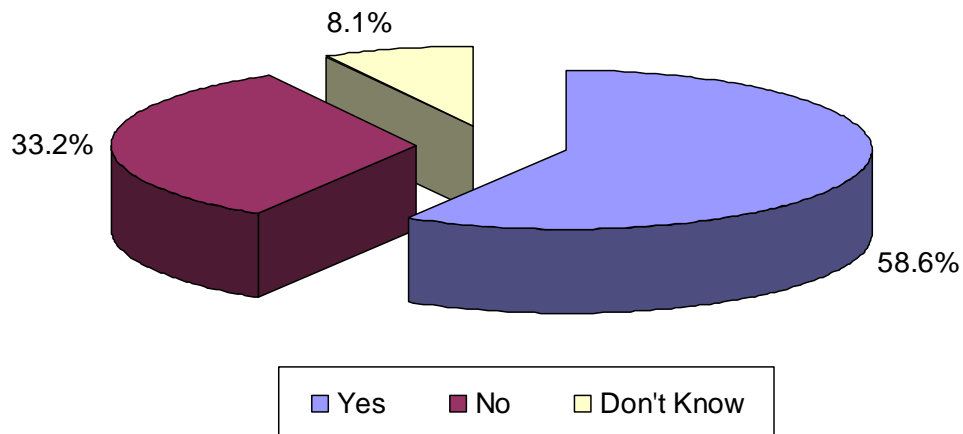
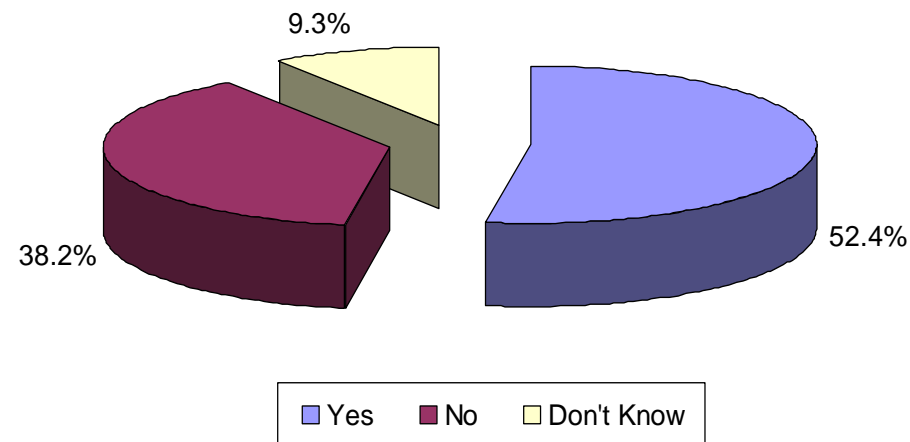


Figure 2: Staff Survey 2006 - "Would you agree with the introduction of a campus wide smoking ban indoor & outdoor?"



75% of staff said they would support the policy if implemented

ENSH Standard 1: Commitment

2007: Commitment from
Senior management



Legal advice sought



Meetings with Unions



Presentations to Hospital
Executive & Medical
Board



ENSH Standard 1: Commitment

Steering Group: Chair - CEO



Decision to implement
smoke-free campus on
1st January 2009



Project group: Representation
of stakeholders



Implementation &
Communication plan
developed and executed.



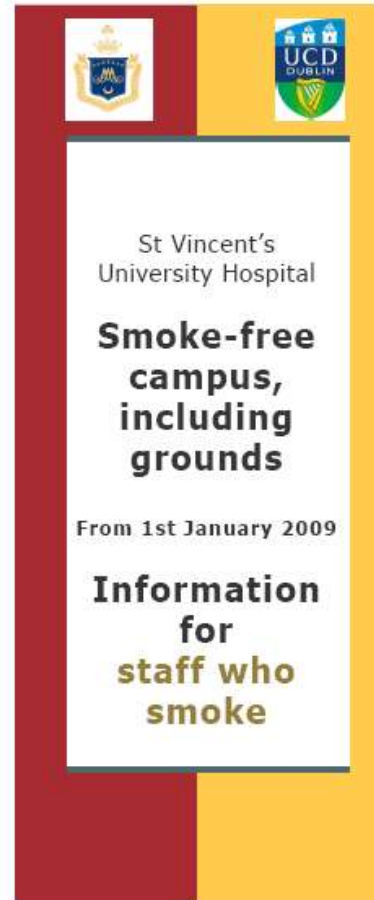
1st January 2009 – SMOKE FREE
CAMPUS POLICY INITIATED

ENSH Standard 1: Commitment

- Acceptance of any sponsorship or funding from Tobacco companies is prohibited.
- Line managers and supervisor responsibilities outlined in policy
- Financial and Human Resources:
 - Project manager
 - Health Promotion Officers for smoking cessation
 - NRT included in pharmacy budget
 - Participation in internal hospital tobacco audits
 - Signage, voiceover and leaflet development

ENSH Standard 2: Communication to Staff

- Hospital newsletter
- Hospital intranet and internet
- Presentations
 - staff briefings
 - Medical & surgical Grand Rounds
 - Induction of general staff, nurses and NCHDs
 - ward & dept meetings



- Leaflet distribution
- Posters and signage
- Information stands
- Listed on all job advertisements and in new staff and contract agencies contracts.

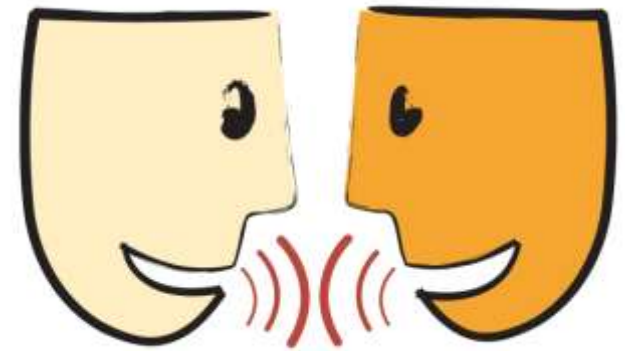
ENSH Standard 2: Communication to Patients

- SVUH Patient information booklet
- Patient information leaflet
- Message on outpatient letters & appointment cards
- Voiceover announcement at each entrance
- Signage at gates and entrances
- Posters
- Internet

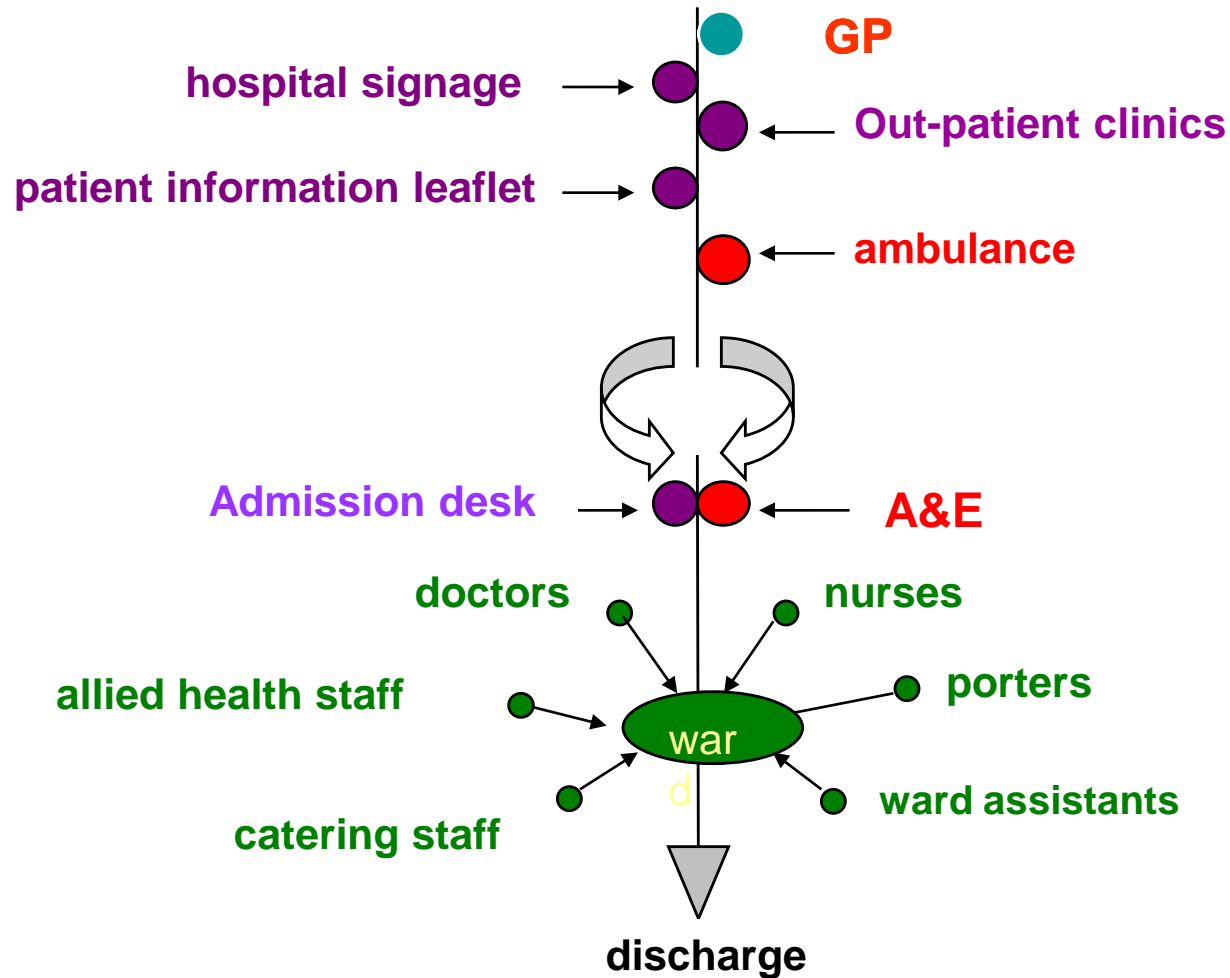


ENSH Standard 2: Communication to the Community

- Community Tobacco HPO joined Project Group
- Community health services
 - GPs
 - Health Centres
 - Ambulance Services
 - Taxi service
 - Fire services
- Libraries
- Citizen Information Centres
- Articles in local and national media
- Visitor information leaflet updated



Smoke-Free Campus – Patient Pathway



ENSH Standard 3: Education Training

- **One and two-day courses** run for past decade
 - Hospital & community staff
- **Two-hour sessions:**
 - 38 people attended
 - 72% of staff would avail of it again.
- **20-minute awareness sessions**
 - 32 presentations – 162 people attended.
- **Presentations at**
 - Staff induction sessions
 - Heads of Department meetings
 - Quality & Safety events

Towards a Smoke Free Campus: Patient Management & Support

Education Session

Target Group:

All staff

Methodology:

- Interactive sessions
- Group work
- Presentations

Expected Outcome:

- By the end of the session, participants will:
- Have knowledge of patient management and **support services**
- Be familiar with the role and have confidence in the use of the various **nicotine replacement therapies**
- Have a better sense of how to manage different **patient situations**

ENSH Standard 4 : Identification & Cessation Support

Doctors & Nurses
Procedure for Patients who smoke

Fagerstrom score
How soon after waking do you smoke your 1st cigarette?

within 5 minutes	0-3
6-30 minutes	0-2
31-60 minutes	0-1
after 60 minutes	0-0

How many cigarettes do you smoke a day?

10 or less	0-0
11-20	0-1
21-30	0-2
31 or more	0-3

Score Index

0-2	<input type="checkbox"/> Low dependency
3-4	<input type="checkbox"/> Medium dependency
5-6	<input type="checkbox"/> High dependency

On Admission

Ask about smoking status
Note status in medical notes
Inform patient of Smoke Free Policy
Assess nicotine dependency level using Fagerstrom Score
Arrange for nicotine product of choice order from pharmacy
Consider if an exemption is necessary and consult the Smoking Advice Service if needed.

Nicotine Replacement Rx

SCORE	USE
5-6	21mgs x 24* patch
3-4	21mgs x 24 *patch (daytime use only)
1-2	Nicorette inhaler
0	no physical need

Precautions
Acute cardiac event, severe stroke, unstable angina, arrhythmias, pregnancy.
However, NRT is always safer than smoking.

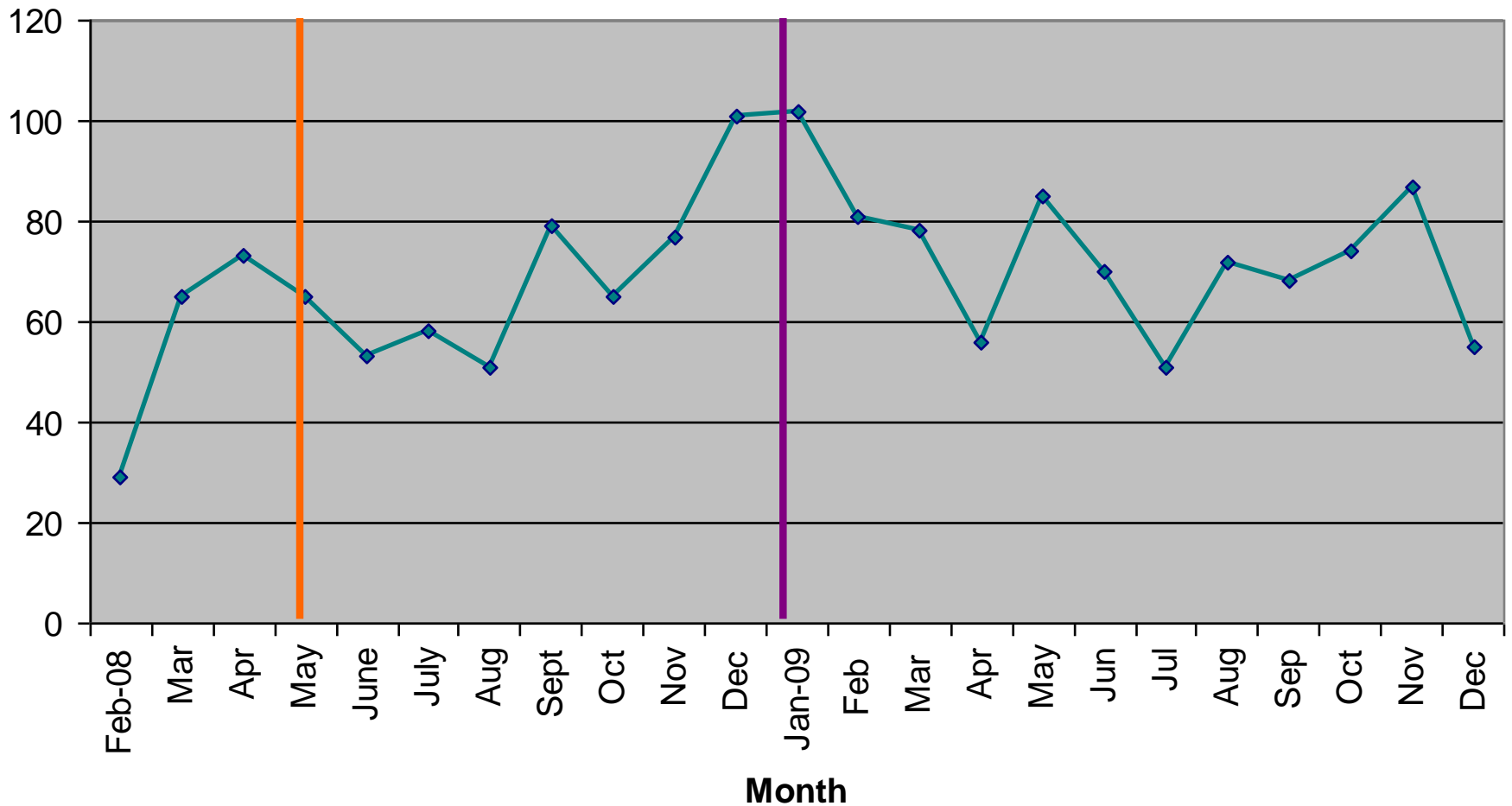
The Smoking Advice Service is available to support you

8am – 3pm, Mon – Fri.
Ext 4958: Bleep: 508

- Nursing admission sheet
- Procedure document for ward staff
- Smoking Advice Service to in-patients & out-patients
 - One-to-one interventions
 - Nicotine replacement therapy
 - Follow-up by phone after discharge
 - Database
 - Information pack
- Stop smoking courses

Referral rates to Smoking Advice Service – Patients

Patient referrals to the Smoking Advice Service



ENSH Standard 5: Tobacco Control/Smoking Ban

- 2004 Workplace smoking ban.
 - All internal hospital areas
 - All transport used by patients
- 2009: smoking banned from buildings & grounds
 - All terraces, balconies and transport



NO SMOKING

ENSH Standard 5: Tobacco Control/Smoking Ban

- Exemption cases:
 - Long debated discussion point
 - Policy:
 - formal exemption to smoke in certain circumstances
 - Responsibility:
 - daytime - consultant; night-time - chief nurse
 - Out-of-sight outside smoking area
 - Specific times only
 - Audit committee
 - Relates to a small number of people

ENSH Standard 5: Tobacco Control/Smoking Ban

- Future plans:
 - Shelter due to be demolished shortly
 - For discussion with senior management
 - Survey results
 - Cochrane report
 - Ethical issues

	2006	2010
Acceptance of ban		
Patients	59%	84%
Staff	52%	83%

ENSH Standard 6: Environment

- Signage
- Voice-over at entrances
- Ash-trays removed
- Passive smoking
 - Staff
 - Patients
 - Visitors
- No tobacco sold in hospital

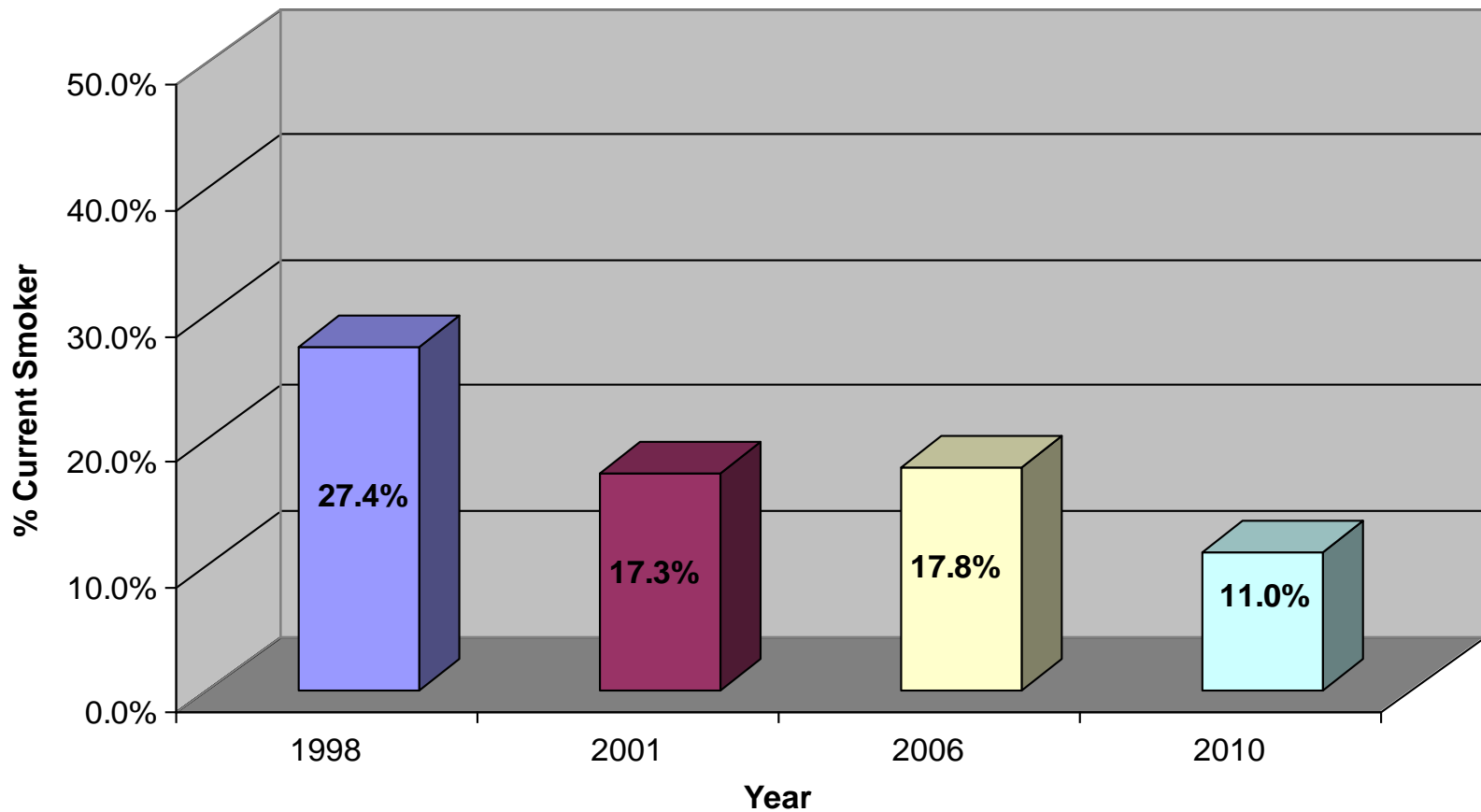


ENSH Standard 7: Healthy Workplace

- Smoke-free policies produced: 2002, 2006, 2008
- Job advertisements & job descriptions - contractual
- Presentation at monthly new staff induction, including medical staff
- All hospital policies on intranet
- Contractors: Written into contracts. Notification & presentations given.



Staff Surveys – Prevalence of Smoking



ENSH Standard 7: Healthy Workplace

Smoking Advice Service

- **Free** nicotine products
- One-to-one appointments
- Stop smoking course
- Regular promotion:
 - Stands
 - Healthwise newsletter
 - Leaflets
 - Presentations



ENSH Standard 8: Health Promotion

- National and regional events & workshops.
- Strong links with community smoking cessation service
- Schools education sessions
- Awareness programmes in university
- Regular conference presentations
- National information day
- Paper published in Health Promotion International

ENSH Standard 9: Compliance Monitoring

Policy compliance monitored by:

- Patient surveys:
 - 1997/8, 2002, 2004, 2006, 2010
- Staff surveys:
 - 1998, 2001, 2006, 2010
- Hospital data on smoking-related incidents
- Use of support measures by staff and patients:
 - Smoking cessation database figures
 - Pharmacy NRT figures

ENSH Standard 9: Compliance Monitoring

- Smoke-free policy - reviewed annually
 - Steering Group - regular review of compliance
- ↓
- Report to hospital Board of Management



ENSH Standard 10: Policy Implementation

Smoke-free policy in place since January 1st 2009, with full organisational support.

- CEO chairperson of Steering Group
- Project manager appointed
- Budget allocated and funding continues
- Policy generally accepted
- No longer patients smoking at entrances
- Cigarette butt litter reduced



EVIDENCE OF COMPLIANCE and Summary

Tobacco policy implementation: prerequisites and opportunities:

- History of tobacco control
- Smoking Advice Service for patients & staff
- National legislation
- Data
- Leader/s & management commitment
- Implementers!
- Continual monitoring & support necessary

One Year Evaluation (Jan 2010)

Patients

- 18% Current Smokers
- 79% aware of policy
 - 62% of all patients aware prior to admission
 - Notices and leaflets
- 84% agree with policy
 - Current smokers were more likely to disagree with policy than non/ex smokers

Agreement within smoking status	
Smoking Status	Yes
Non-smoker	95%*
Ex-smoker	90%*
Current Smoker	49%*

*p<0.001

One Year Evaluation (Jan 2010)

Staff

- 11% Current smokers
- 83% support policy
 - Current smokers were more likely to not support the policy than non/ex smokers
- 54% staff said they have a role in the implementation of the smoke free policy.

Support for the policy within smoking status	
Smoking Status	Support the policy (Yes)
Non-smoker	88%
Ex-smoker	87%
Current Smoker	47%

EVIDENCE OF COMPLIANCE and Summary

Drawbacks and barriers:

- Changing social norms
 - Small number of breaches of policy by patients and staff
 - Staff: line managers informed
 - Patients: reported to ward managers
- Staff awareness of their role in the continuous implementation
 - Continue to inform all staff of their role
 - Learning tool: How to approach a patient or staff member who is smoking.

EVIDENCE OF COMPLIANCE and Summary

- Training of staff
 - Continue to offer training in dealing with difficult case scenarios
 - Guideline for dealing with patients who smoke.
- We will continue to
 - communicate the policy to patients, visitors and staff
 - share resources and experiences with other hospitals

Conclusion

- Support amongst total patients and staff
- Almost 50% support amongst current smokers
- Changing social norms



Acknowledgements

- Prof Cecily Kelleher
- Mr Bill Maher
- Preventive Medicine & Health Promotion staff
- UCD School of Public Health & Population Science staff
- Members of Steering & Project Groups
- All the staff of St. Vincent's University Hospital
- Miriam Gunning, ENSH