



**ST. VINCENT'S  
UNIVERSITY HOSPITAL**  
Elm Park

# A staff intervention to support smoking cessation for patients in a tertiary referral university hospital in Ireland

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No  
Smoking

# Background



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- St. Vincent's University Hospital (SVUH) is a world leading academic teaching hospital with approximately 4700 employees.
- Provides acute, chronic and emergency care for 601 beds.
- On 1<sup>st</sup> January 2009, SVUH became the 1<sup>st</sup> hospital in Ireland to implement a smoke free campus.
- SVUH is the 1<sup>st</sup> public hospital in Ireland to receive Joint Commission International accreditation and have been re-accredited 5 times.



# Background

- Hospital visits are a cue to action to quit smoking.
- National guidelines recommend a combination of stop smoking medications and behavioural support to help smokers to quit.
- Our hospital delivers a comprehensive Smoking Advice Service (SAS) for inpatients, staff and the local community.



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## Smoking Advice Service

*'Commit to Quit'*

The Smoking Advice Service is available for staff, outpatients and inpatients of SVUH.

For more information, contact us directly on

Tel: 01 221 4958

Email: [smokingservice@svuh.ie](mailto:smokingservice@svuh.ie)

- Tips on how to stop smoking
- Nicotine replacement therapy
- Resources for your quit journey



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# Background



- Hospital Key Performance Indicators (KPIs) include the charting and dispensing of Nicotine Replacement Therapy (NRT) within 24hours.
- Making Every Contact Count (MECC) is a national training programme for healthcare professionals on brief intervention for behaviour change.



# Aim

The aim was to see if the delivery of short information sessions (the intervention) would improve:

SAS Knowledge

Hospital KPI

Completed and  
Intention to complete  
MECC training

# Method

A presentation was developed based on National Clinical Guidelines, current evidence, local procedure and local need.

## The presentation included information on the following:

- What to do if a patient smokes.
- The SAS.
- How to refer a patient to the SAS.
- NRT – how to arrange, demonstration of NRT products and usage guidelines.
- MECC Training – how to access online and face to face training.

### Inpatient Referral Options

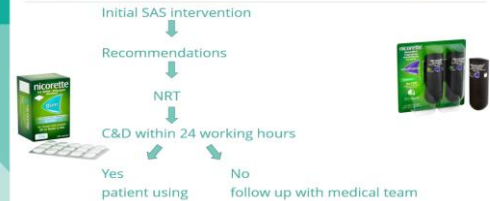


Any staff member can refer a patient to the Smoking Advice Service by completing a referral card **and** contacting us via:

- Extension: 4958
- Bleep: 508
- Email: [smokingservice@svuh.ie](mailto:smokingservice@svuh.ie)



### NRT Charting



### Nicotine Replacement Therapy



#### Transdermal patches



#### Oral products



### Making Every Contact Count



MECC online training in brief intervention is now available on [HSEland](https://www.hsland.ie).

Provides healthcare professionals with the knowledge and skills to carry out brief interventions with patients.

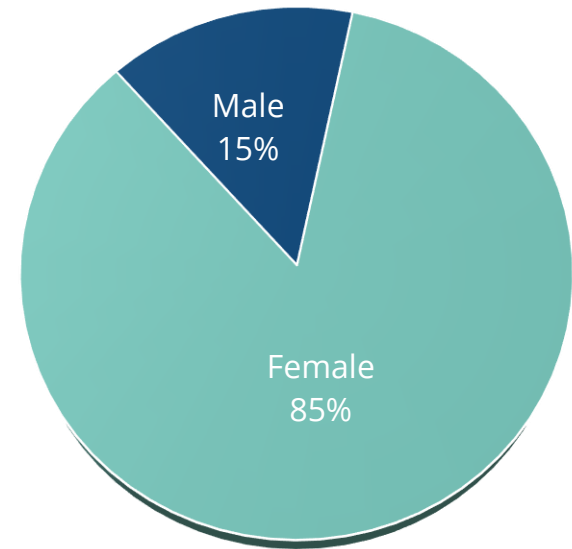
<https://www.hsland.ie/dash/Account/Login>



# Method

- Presentations were delivered to 193 staff from 23 ward areas.
- Participants included, clinical nurse managers, staff nurses, student nurses, healthcare assistants, doctors and interns.
- Evaluations were carried out on participant feedback.
- Referrals and charting and dispensing of NRT were monitored for 8 weeks pre- and 8 weeks post - intervention.

## Participant Demographics



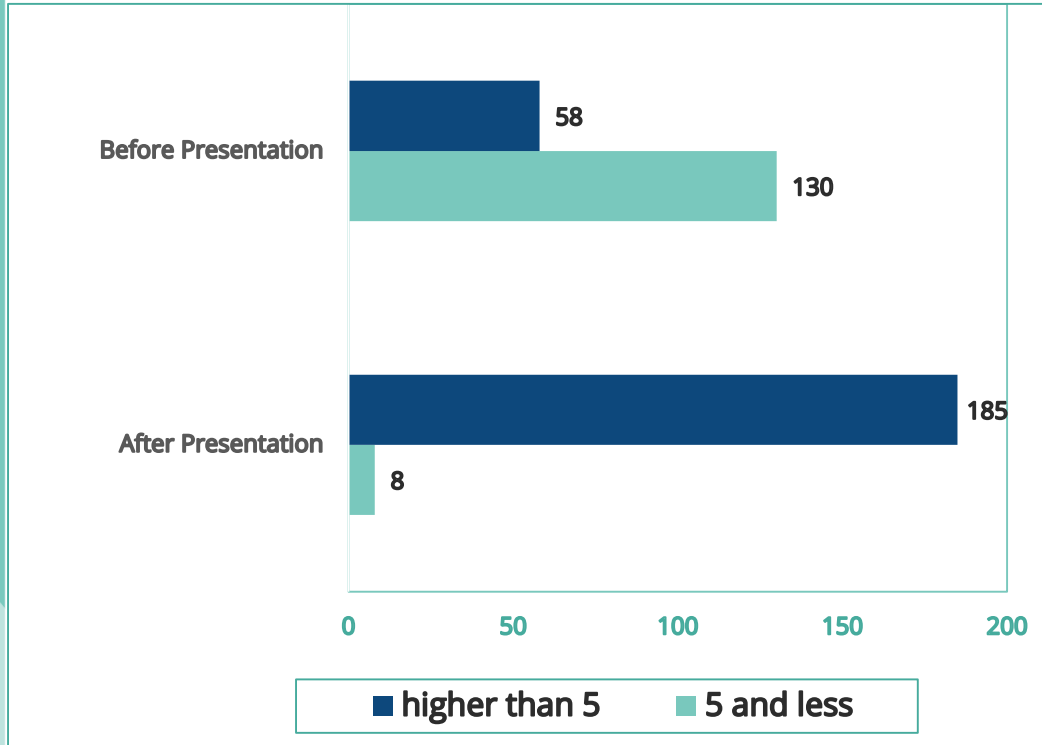
# Results

- 100% of participants found the presentation satisfactory.
- 98% agreed that they learned something new.
- Evaluations indicated a significant increase in confidence in discussing smoking with patients and with following up with NRT.
- There was an increase in those likely to complete MECC training after the presentations.



# Discussing Smoking with Patients

## Confidence in discussing smoking with patients (on a scale of 10)



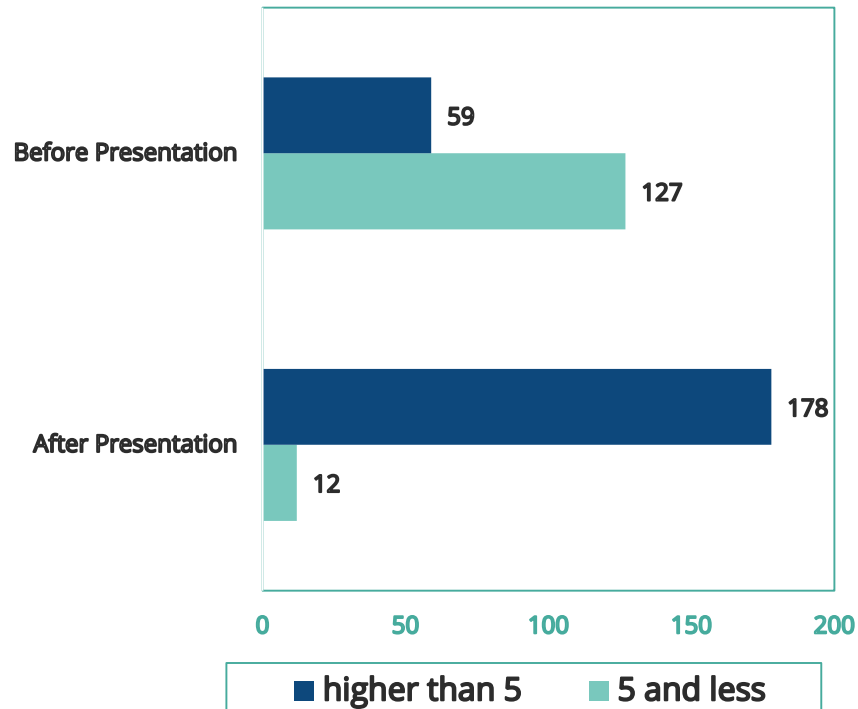
Confidence in discussing smoking status with patients increased to 96% after the presentations.

This showed an increase of 66%.



# Nicotine Replacement Therapy (NRT)

## Confidence in following up with NRT (on a scale of 1-10)



92% of participants were more confident in arranging NRT after the presentation, as opposed to 30% beforehand.



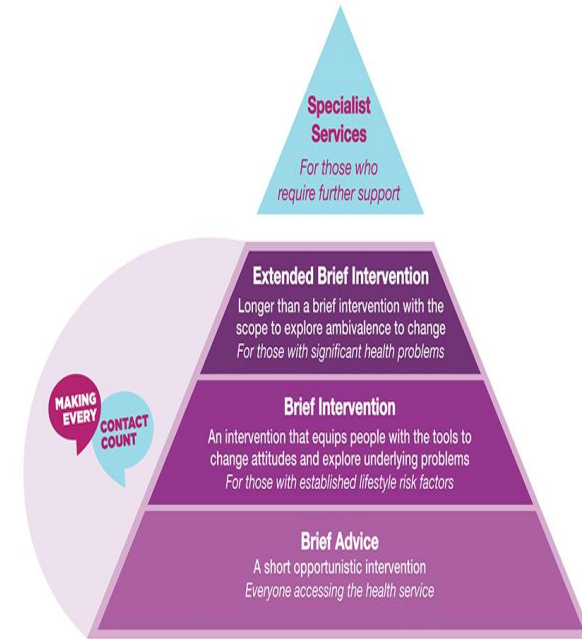


# Making Every Contact Count (MECC)



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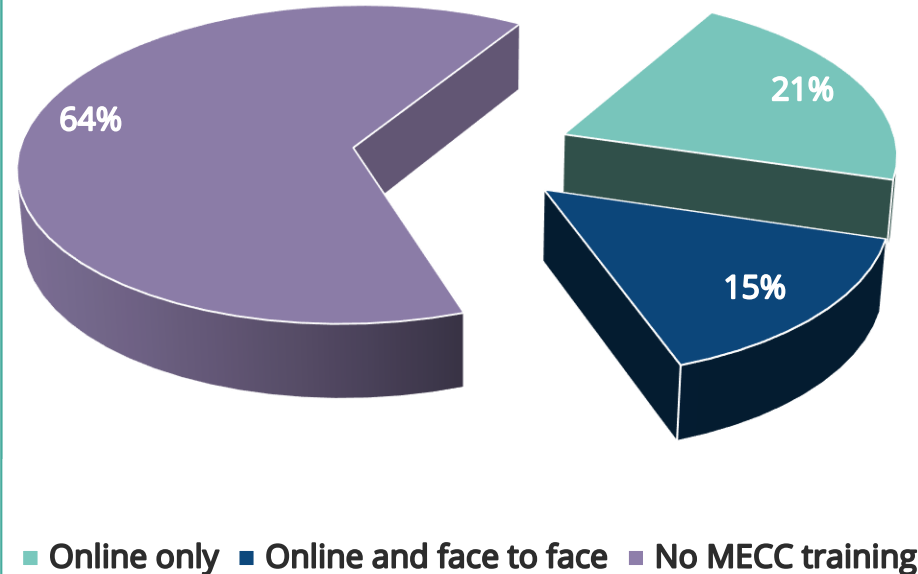
- The MECC programme is available to all healthcare professionals in Ireland.
- Provides healthcare professionals with effective tools to carry out brief interventions with patients.
- 4 hour eLearning training and follow-on-face to face workshop.
- Online training is a prerequisite for the workshop.



# Completed MECC

- Participants were asked to complete an evaluation after the presentation.
- 64% of presentation participants have not completed MECC.
- 21% have completed the online modules only.
- 15% have completed both online and face to face MECC training.

## Completed MECC training





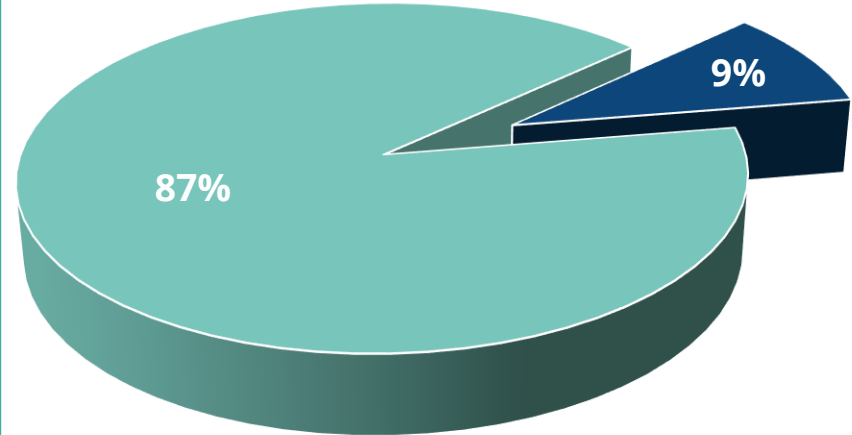
# MECC Training



Of those who had not completed any MECC training:

- 9% were likely to complete MECC training before the presentation.
- This increased to 87% after the presentation, showing an increase of 78%.

### Participants likely to complete mecc training



■ Before Presentation

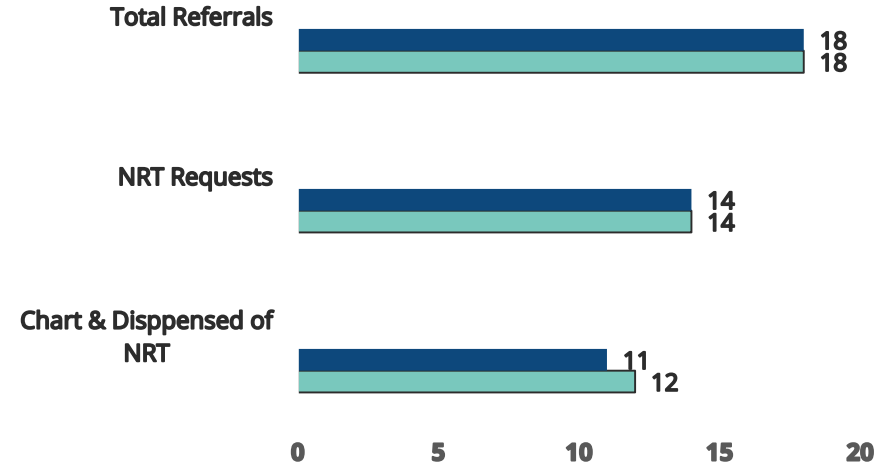
■ After Presentation

# Referrals and NRT before and after presentations

- Presentations were delivered to 23 ward areas.
- Referrals and compliance with KPI were evaluated 8 weeks pre- and 8 weeks post- presentation.
- Evaluations indicate a slight improvement in KPI compliance.
- There is potential for further improvement with continuation of presentations and ongoing evaluation.

## Referrals 8 weeks before and after presentations

■ Before Presentations    ■ After Presentations



# Conclusion

- Intervention is well received among nursing and other healthcare staff.
- Potential for a positive impact on smoking cessation referrals and NRT charting and dispensing in a timely manner, which in turn will improve the hospital's KPI.
- Increased knowledge of the SAS and NRT among ward staff.
- Increased awareness of MECC and increased interest in completing MECC training.
- Presentations will continue with the view to reaching out to more disciplines in the hospital, including surgical and medical interns.

Thank you for your attention.

Any Questions?



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