

## Northumberland Tyne and Wear NHS Foundation Trust

### Board of Directors Meeting

**Meeting Date:** 23 November 2016

**Title and Author of Paper:** Smokefree NTW: Removal of Cigarettes and Associated Smoking Materials from the Trust's Inpatient wards  
Dr Damian Robinson

**Executive Lead:** Gary O Hare, Executive Director of Nursing & Operations

**Paper for Debate, Decision or Information:** Debate and Decision

#### **Key Points to Note:**

- The Trust implemented smokefree sites on the 9<sup>th</sup> March 2016.
- Feedback would suggest that implementation has proved to be problematic at a clinical/operational level with some service users refusing to engage in smokefree initiatives resulting in some smoking on the wards and hospital grounds.
- There has been some success noted in smoking cessation for some service users.
- The enforcement of the no smoking policy requires further support in a practical sense to ensure higher levels of compliance.
- It is proposed that smoking materials are viewed as banned items and as such they will not be permitted on the Trusts Inpatient Units.
- Wherever possible prior to admission, service users and their families will be made aware of the trusts position.
- Patients presenting with these materials on admission will be informed that these will not be stored or held on the ward but arrangements will need to be made for removal by families, friends or advocates.

#### **Risks Highlighted to Committee:**

- There may well be an increase in complaints from service users and their families.
- This may have an impact on the number of service users willing to receive care on an informal basis.
- There may well be resistance and some hostility to this from some service users which may impact on the number of incidents.
- This proposal has not yet been discussed formally with any of the recognised service user groups.

Does this affect any Board Assurance Framework/Corporate Risk?  
Please state Yes or No - No  
If Yes please outline

**Equal Opportunities, Legal and Other Implications:**

- Legal advice will be sought in relation to individual Human Rights.
- Further clarity will be required from the CQC re their views on the imposition of a restrictive practice.

**Outcome Required:** Approval to progress with this proposal as described and support to develop a broad range of associated operational procedures.

**Link to Policies and Strategies:**

NTW(O)13 - Smoke Free Policy - V05 - Upd Index - May 16  
NTW(O)13pgn-HWB-PGN-04-Managing Smoking in In-patient Areas - V02-Issue2-  
Pg4-14 Mar 16

## **Background**

On 9<sup>th</sup> March 2016, NTW implemented a new smoke free policy requiring all Trust sites to be completely smokefree. This initiative was based on evidence that, on average, people with a mental health condition will die 10-20 years earlier than the general population, and this is largely because of smoking.

A number of actions were completed to support the implementation of this policy, these included:

- Training of over 660 staff in Level 1 Smoking Cessation Brief Interventions (e-learning)
- Training of 117 frontline staff as Level 2 Smoking Cessation Intermediate Advisors (inpatient settings).
- Improved access to NRT products, allowing immediate provision of NRT by registered nurses when a patient is admitted, stocks of a selection of NRT products introduced on wards, pharmacy briefing sessions to ward staff on use of NRT products.
- Creation of a range of resources to assist in information provision and communication of the new policy – including two short animated films; posters, leaflets and banner stands with artwork designed by patients; staff briefing packs; stakeholder letters.
- Introduced new Smokefree signage at all main hospital sites Trust wide.
- Review of Smokefree Policy and all associated PGNs.

## **Successes**

Some wards have managed these changes very positively and prepared patients well in advance of the policy implementation date. On some wards at Northgate all patients are smoke free and no longer use NRT products. A member of staff on Tweed Unit was awarded a No Smoking Day Organiser of the Year Award in the category of 'Best use of a Healthcare Setting' for his contribution to work around No Smoking Day and smoking cessation with patients. Some service users at Northgate have shared positive stories about going smoke free.

## **Challenges**

There are still some challenges in application and management of the policy as follows:

### **Misapplication of the policy:**

- There continue to be instances of service users smoking on Trust sites
- Smoking materials are returned to service users for periods of leave (regardless of whether the leave is for the primary purpose of smoking or not).

- Staff are being asked to escort patients for leave which is clearly for the purpose of smoking.
- There have also been reports that patients are being granted unlimited periods of leave or additional periods of leave, or are being granted leave earlier than they normally would – this is effectively leave primarily to smoke and is undermining the spirit of the policy.

#### Facilitation of smoking:

- In line with the aforementioned challenges staff are now inadvertently facilitating smoking amongst service users due to the provision of smoking materials for periods of leave and escorting service users who are taking ‘therapeutic leave’ but who are in reality going out to smoke.
- Staff are exposed to cigarette smoke
- Reports have been received that there is inconsistency amongst staff in the application of the policy and that this is causing problems on wards.

#### Smoking related incidents:

- Incident reporting has increased as there has been an increase in service users smoking in their bedrooms or other prohibited indoor spaces.
- Unapproved e-cigarettes are being used on some wards, causing health and safety risks.

### **Recommendations**

#### Removal of smoking materials:

Consider revising the smokefree policy to allow removal of smoking materials on admission. Other Trusts that have gone smokefree (TEWV, Lancashire Care, SLaM, Cheshire & Wirral Partnership) do not return smoking materials to patients for periods of leave. They remove them and either destroy them or store them until discharge – smoking materials are never returned to a service user while they are an inpatient as this is seen as facilitating smoking.

- Approval is requested to revise the current smokefree policy to make smoking materials prohibited (i.e. cigarettes, tobacco, lighters, cigarette papers), allowing removal of these materials from service users on admission.
- An appropriate lead in time would be required to fully operationalise the practicalities of this proposal. For example, to support the community staff to promote the concept of leaving smoking materials at home, and support the inpatient staff to develop processes and approaches to safely and effectively remove these items from service users.
- Adequate additional aids to smoking cessation will also need to be readily available within an approved framework

**Dr Damian Robinson**  
**November 2016**