



British  
Thoracic  
Society

## **Webinar Series 2 – Session 3**

# **How do I ensure my patients have continuing support post discharge?**

Tuesday 7th June 2022

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# Speakers – Webinar session 3, 7<sup>th</sup> June 2022

## Discharge planning: Starting from scratch

- *Niamh Keating, Tackling Tobacco Dependency Project Manager, North Middlesex University Hospitals NHS Trust*

## NHSE Community Pharmacy Offer

- *Rob Hebden, Senior Medicines Optimisation Lead, NHS Midlands & Lancashire Commissioning Support Unit*



# Discharge planning:

Starting From Scratch

**Niamh Keating**

**Tackling Tobacco Dependency Project Manager**

**North Middlesex University Hospital**

**[nkeating@nhs.net](mailto:nkeating@nhs.net) @niamhkea**



Our  
**values**

We are  
caring



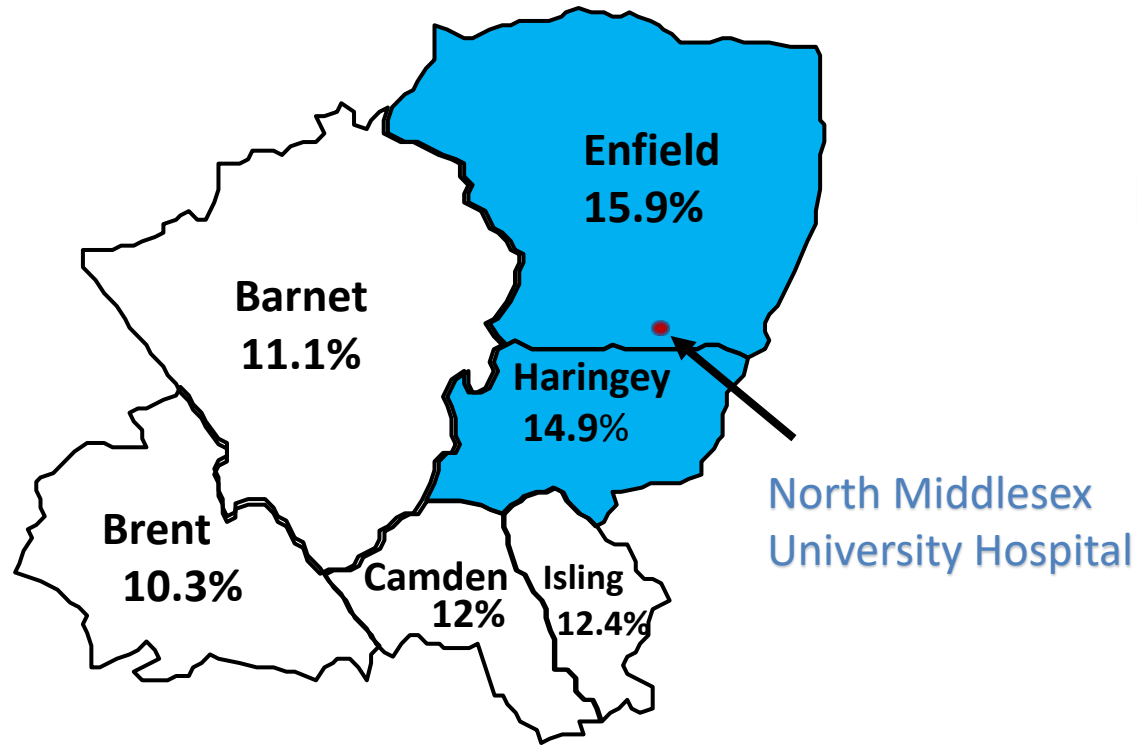
We are  
fair



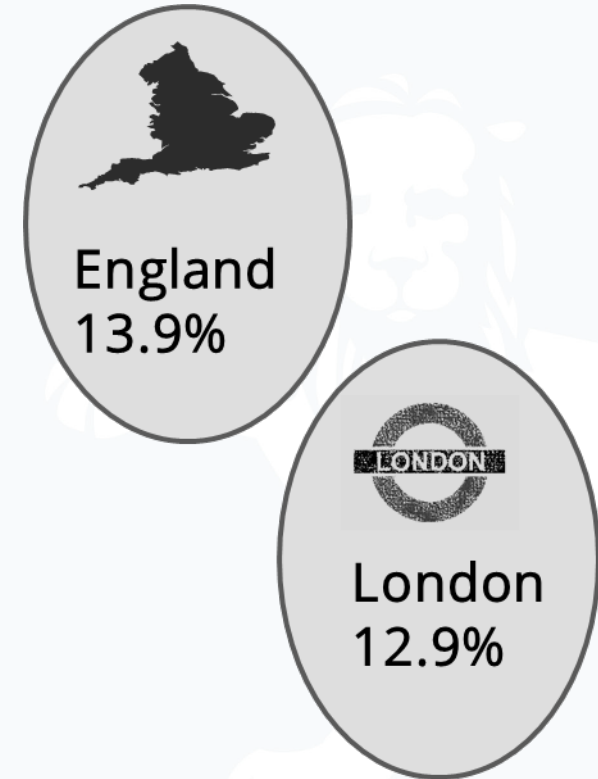
We are  
open



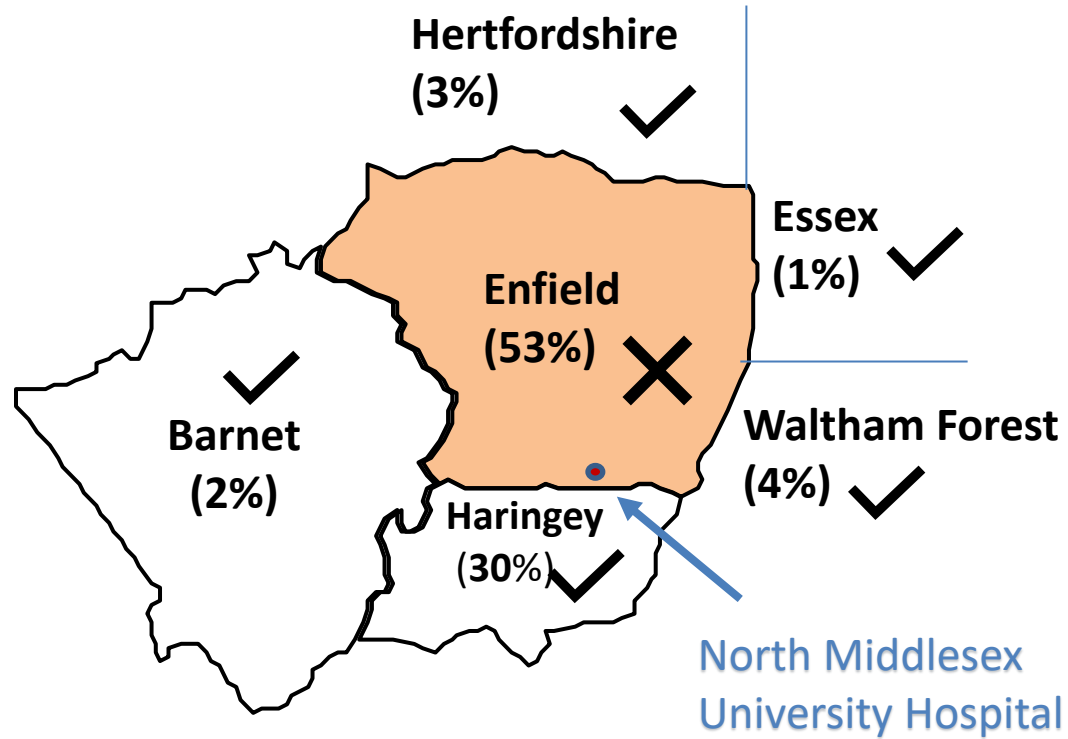
# Local Context: Smoking Rates



**North Central London**



# Local Context: Stop Smoking Services



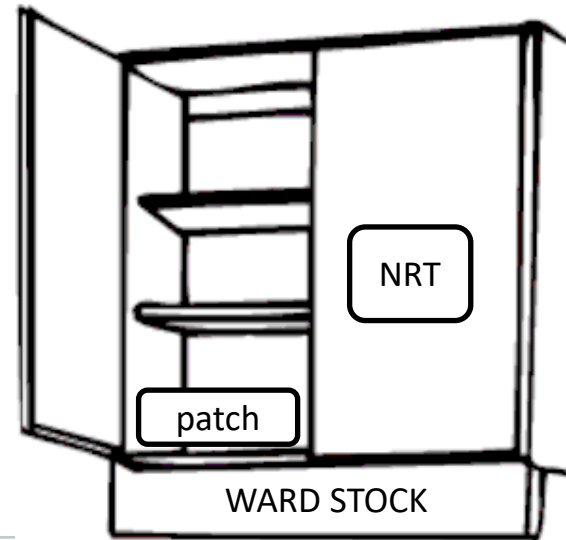
(% of in-patient population by Borough)



# 2021...



This is the discharge nurse, she'll be able to tell you about all the services you aren't able to get any more when you leave.

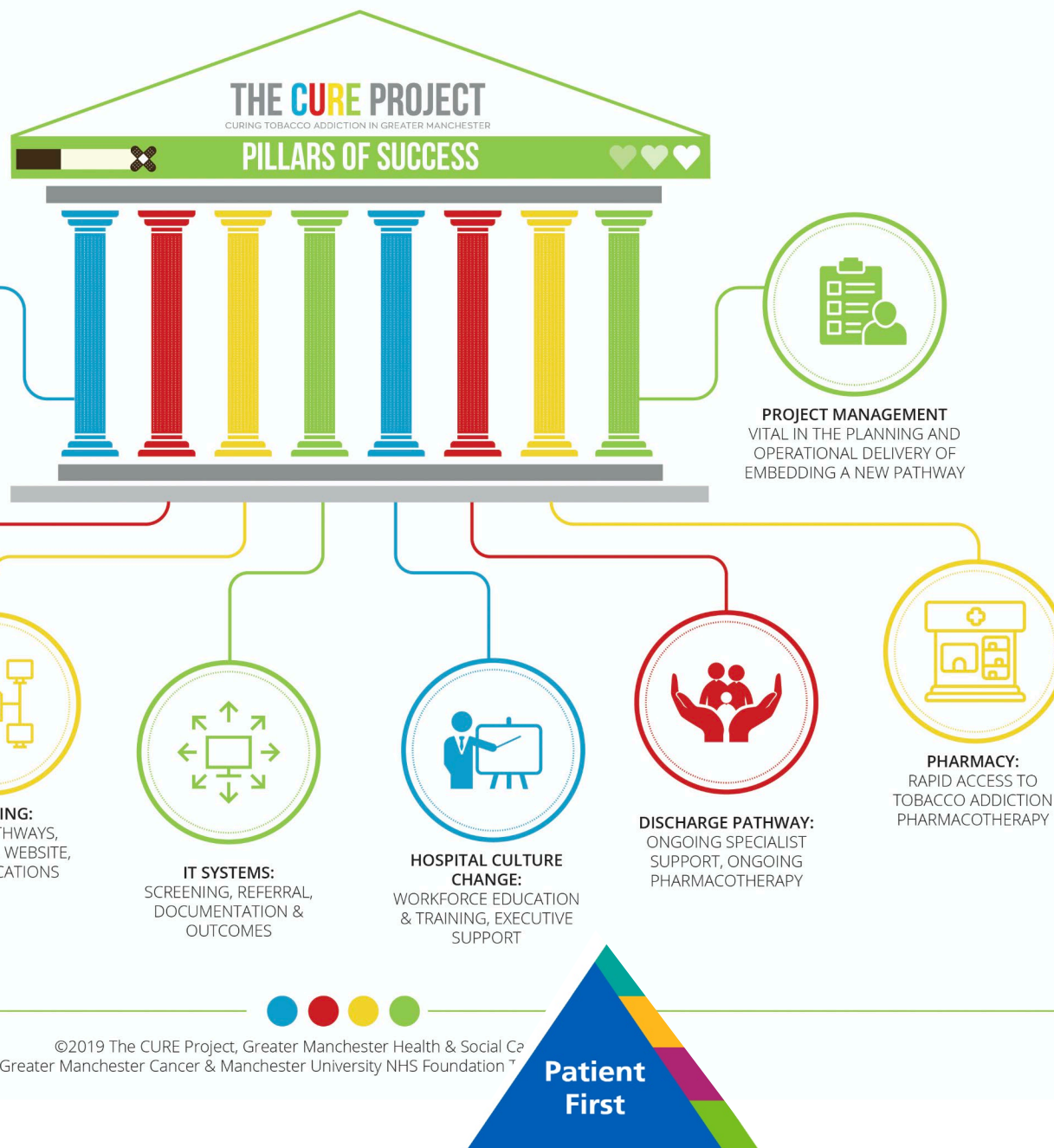




# Where to start?







- *Discharge pathways are influenced by all pillars*

- *IT systems, Training & resources, and wider awareness/culture is particularly important*

**Problem:**      **Disparity in access to  
local stop smoking  
services**

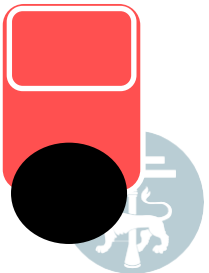


**Impact:**      Enfield patients  
ALL patients

**Solution:**

**Benefits**

- Support for Enfield patients
- Referral route for all Boroughs
- ability to use NRS
- ability to progress!



*choose*  
*PROGRESS*  
*over*  
*PERFECTION*



# In-patient pathway



Screen for smoking



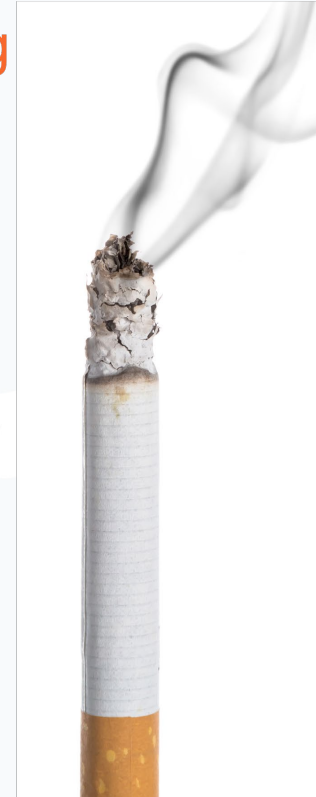
Treat withdrawal



Advise on quitting



Refer to specialist



Treatment for in-patients who smoke





Screen for smoking



Treat withdrawal



Advise on quitting



Refer to specialist

Nicotine patch



>10 cig /day:  
21mg/24h  
<10 cig/day:  
14mg/24h



1 Short-acting NRT

INHALATOR:

OR

LOZENGE:



15mg  
cartridges  
Max 6/day



2mg  
Max 15  
per day

Enfield



Haringey



**ONE YOU**  
**HARINGEY**

Referral forms for  
all local  
Boroughs/regions  
are also available  
on the intranet



# Are your discharge pathways robust?

## Potential issues

Pharmaco-  
therapy  
pathway

NRT not prescribed

NRT prescribed  
but not issued

Incorrect TTAs

Referral  
pathway

Internal/external IT  
issues with referral

wrong SSS  
address

Delays in initial contact &  
initial appt at SSS

Inaccurate/insufficient  
info given to patient

## Enablers

Easy to follow/  
perform protocols

Smart IT systems at  
clerking & discharge

Accessible resources  
(pt and clinician)  
& training

Clinician  
buy-in

Clinical champion  
network to feedback

Quality  
assurance

Test your  
pathways

Look at the data

Engage & Collaborate  
with your local  
community partners

Improved  
uptake &  
outcomes



# Learning points

## **For New starters....**

Be realistic

Keep it simple

Think “Progress over perfection”

Focus on your positives/unique selling point

Build strong stakeholder relationship

All the Pillars are important for both success and sustainability



## *If limited support in community...*

Explore the different options

GP

Pharmacy

Local or regional services

? In-house

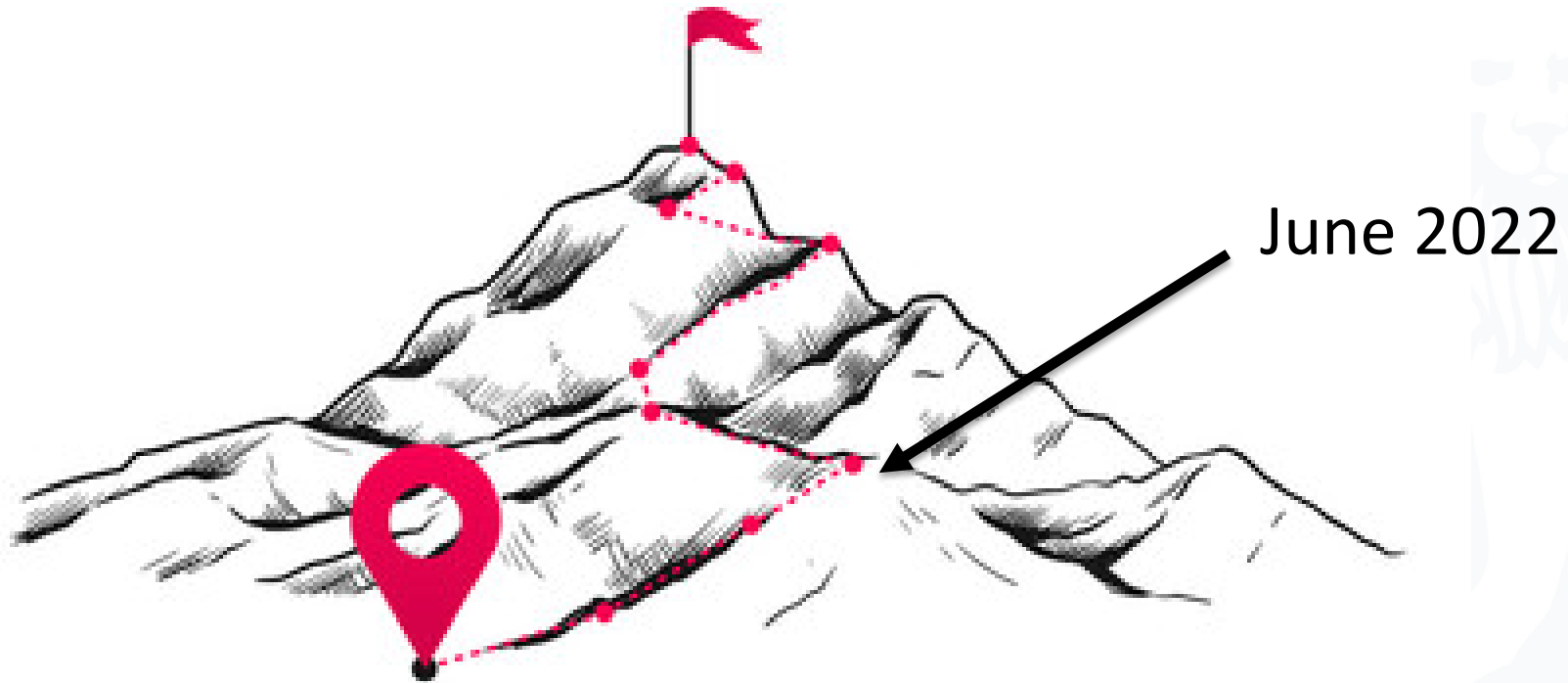
Think outside the box

Reach out to ICS/Regional Leads for support

Knock on doors/Gentle lobbying



# Where are we now?



March 2021





# Smoking Cessation Service Implementation

Rob Hebdon  
MLCSU Senior Medicines Optimisation Lead  
MLCSU Programme Lead  
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# Presentation

- Why we are doing this
- Pilot projects
- What has been done so far
- An opportunity for some questions / discussion



# Background

- NHS Long Term Plan (LTP): commitments
  - **Prevention is a core component of the NHS Long Term Plan (LTP). The LTP commitments that set out the NHS's contribution to tackling tobacco dependence include:**
    - By 2023/24 all people admitted to hospital who smoke will be offered NHS-funded tobacco treatment services.
    - Acute, Maternity and Mental Health services.
- The commitments are designed to:
  - **Be the NHS's contribution to helping deliver a smokefree generation.**
  - **Build on the good work already being delivered and to compliment current Stop Smoking Services.**
  - **Focus on both physical and mental health services.**
  - **Introduce a level of national direction, but with local development and delivery**



# Background

- Smoking cessation programmes already exist in community settings but are variable in their involvement of pharmacy.
- Hospitals are adopting the Ottawa Model of Smoking Cessation (OMSC), which:
  - **Will be adopted throughout England (NHS Long Term Plan, 2019) – led by the NHSE/I Prevention team**
  - **Is a 12-week programme**
  - **Requires follow-up smoking cessation treatment after discharge from hospital**
  - **Increased 1-year quit rates by 11% (Mullen, 2010)**
  - **Is expected to save the NHS £85m within 1 year (Royal College of Physicians, 2018)**



# Background

- The aim of the NHS Smoking Cessation Service (SCS) is to support delivery of the prevention ambitions in the NHS LTP, and for community pharmacy to become a nationally available choice for patients to access smoking cessation support post discharge.

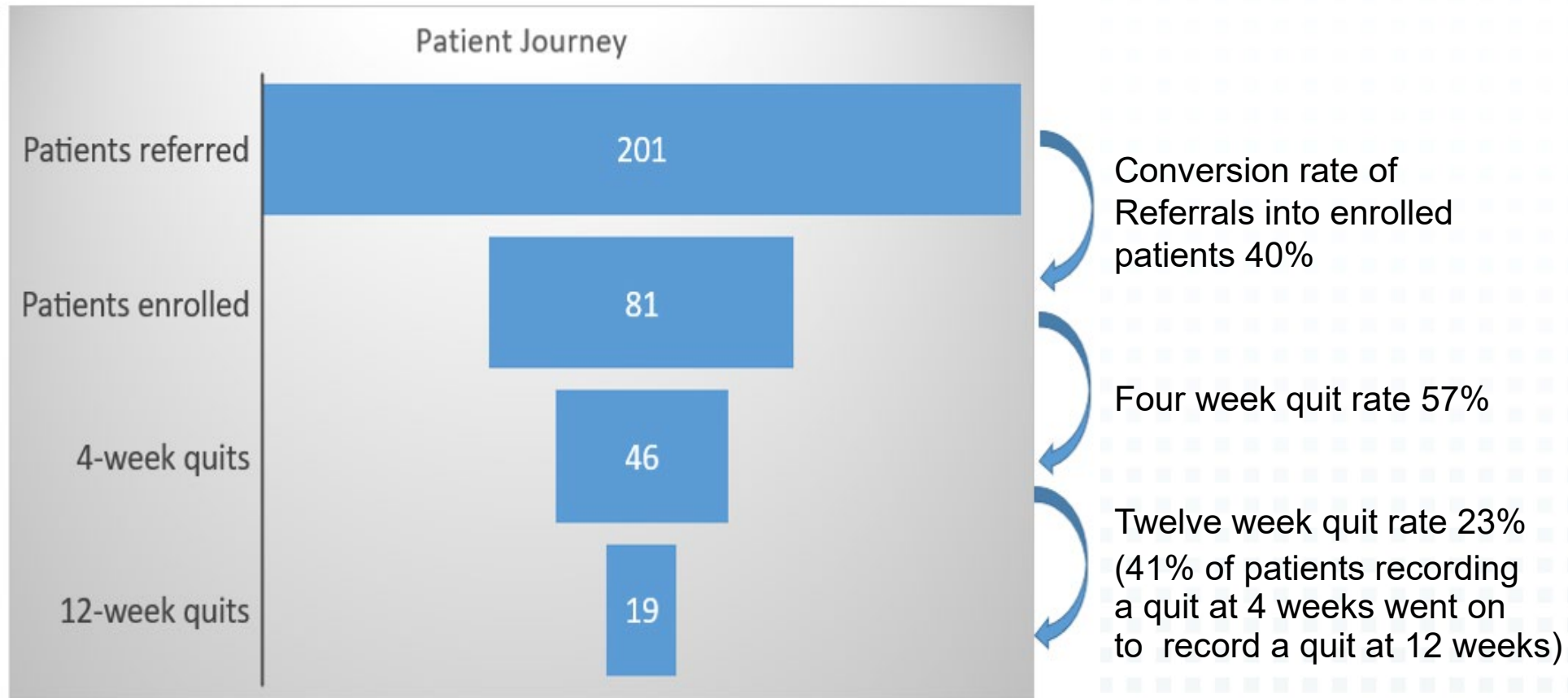


# Smoking Cessation Transfer of Care Pilots

- A pilot service was introduced in October 2020 with the first location being referrals from Royal Oldham Hospital to pharmacies in the Oldham area
- Pharmacies were selected following an Expression of Interest process, to give good geographical coverage and extended opening hours
- A second pilot area went live in November 2021 in the Lambeth and Southwark boroughs of London, working with Guys and St Thomas' Hospital and King's College Hospital
- The pilots have transitioned into the Smoking Cessation Service (SCS)



# Data Overview: October 2020 to December 2021



# Post-pilot

- Standard Treatment Programme developed with National Centre for Smoking Cessation and Training (NCSCT)
- Service funding agreed
  - **Consultation fees – Community Pharmacy Contractual Framework (CPCF)**
  - **NRT costs to be recharged back to the Lead CCG / ICB**
- NHS Smoking Cessation Service (SCS) specification agreed
- Service launched to align with National No-Smoking Day (10 March 2022)
  - **Registrations opened on 1 March 2022**
  - **Intentional ‘soft launch’**





# National Implementation of SCS

## The role of the CSU's

- Scoping and mapping
  - **Need to understand the exact position of each Acute Trust in terms of their delivery of the relevant parts of the LTP**
    - Inform planning
  - **Identify key stakeholders to support working groups**
- Facilitate implementation at local level
  - **An advisor available for each region**
  - **Ensure pilot sites transition successfully**
  - **Engage with early implementers and those sites looking to start delivery imminently**
- Production of supporting documents and promotional material



# 3 stage process to Go-Live

## Stage 1:

Scoping & Mapping

Initial engagement and establishment of working group(s).

To include OHID, Public Health, LPC, Acute Trust, ?Locally Commissioned Service



## Stage 2:

Pathway agreement

Agree the pathway and the method of sending a digital referral.



## Stage 3:

Community pharmacy engagement

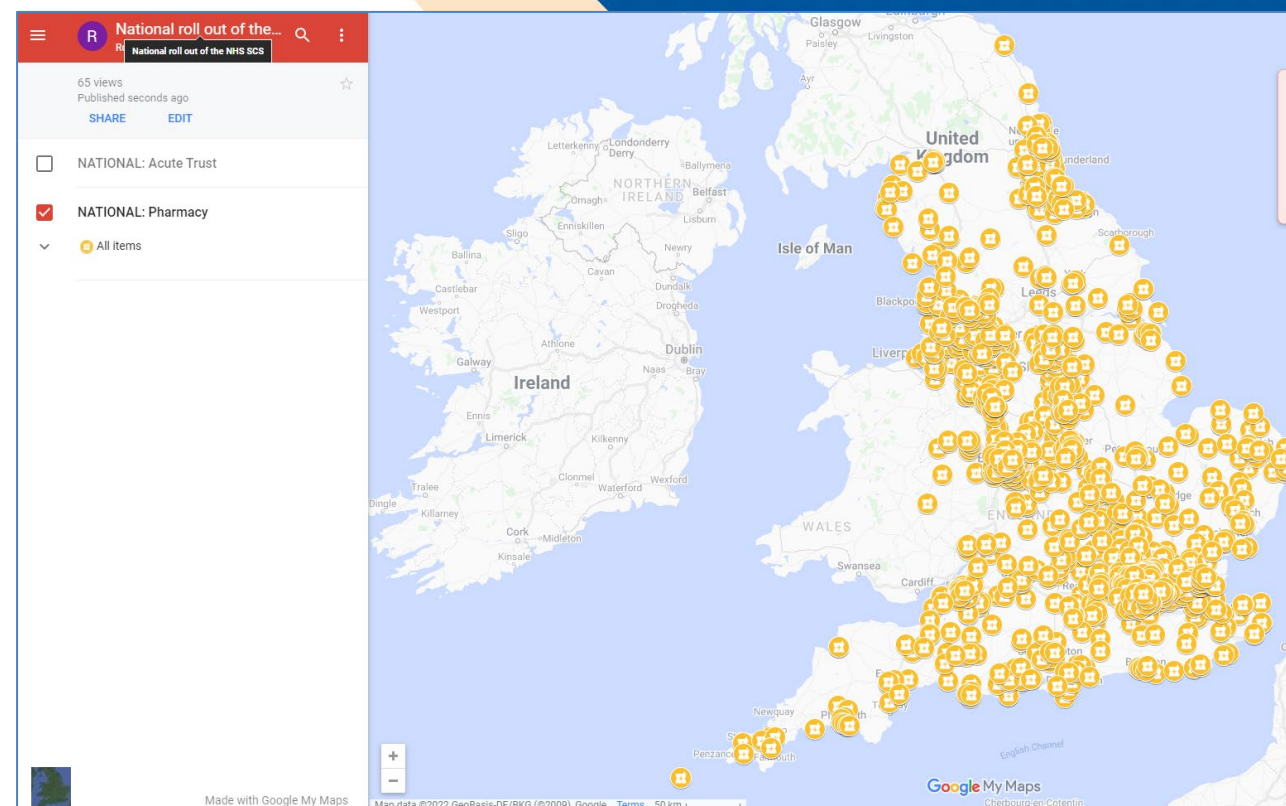
LPCs can confidently recruit community pharmacy support.



# National Implementation

## Progress so far:

Region Name	ICS Name	Acute Trust Name	Stage 1 Contact and Engagement	Stage 2 Working Groups	Stage 3 LPC Contact and Engagement	TRUST LIVE
London	OUR HEALTHIER SOUTH EAST LONDON	GUY'S AND ST THOMAS' NHS FOUNDATION TRUST				
London	OUR HEALTHIER SOUTH EAST LONDON	KING'S COLLEGE HOSPITAL NHS FOUNDATION TRUST				
North West	GREATER MANCHESTER HEALTH AND SOCIAL CARE PARTNERSHIP	PENNINE ACUTE HOSPITALS NHS TRUST				
Midlands	LEICESTER, LEICESTERSHIRE AND RUTLAND	UNIVERSITY HOSPITALS OF LEICESTER NHS TRUST				
North East And Yorkshire	CUMBRIA AND NORTH EAST	CUMBRIA PARTNERSHIP NHS FOUNDATION TRUST				
North East And Yorkshire	WEST YORKSHIRE AND HARROGATE (HEALTH & CARE PARTNERSHIP)	HARROGATE AND DISTRICT NHS FOUNDATION TRUST				
North West	CHESHIRE AND MERSEYSIDE	LIVERPOOL UNIVERSITY HOSPITALS NHS FOUNDATION TRUST				
North West	CHESHIRE AND MERSEYSIDE	WIRRAL UNIVERSITY TEACHING HOSPITAL NHS FOUNDATION TRUST				
North West	HEALTHIER LANCASHIRE AND SOUTH CUMBRIA	BLACKPOOL TEACHING HOSPITALS NHS FOUNDATION TRUST				
East Of England	NORFOLK AND WAVENEY HEALTH & CARE PARTNERSHIP	JAMES PAGET UNIVERSITY HOSPITALS NHS FOUNDATION TRUST				
East Of England	SUFFOLK AND NORTH EAST ESSEX	WEST SUFFOLK NHS FOUNDATION TRUST				
East Of England	SUFFOLK AND NORTH EAST ESSEX	EAST SUFFOLK AND NORTH ESSEX NHS FOUNDATION TRUST				
South East	BUCKINGHAMSHIRE, OXFORDSHIRE AND BERKSHIRE WEST	OXFORD UNIVERSITY HOSPITALS NHS FOUNDATION TRUST				
South West	DORSET	University Hospitals Dorset NHS Foundation Trust				
South West	BATH AND NORTH EAST SOMERSET, SWINDON AND WILTSHIRE	SALISBURY NHS FOUNDATION TRUST				
London	EAST LONDON HEALTH & CARE PARTNERSHIP	BARTS HEALTH NHS TRUST				
North West	HEALTHIER LANCASHIRE AND SOUTH CUMBRIA	EAST LANCASHIRE HOSPITALS NHS TRUST				
North West	HEALTHIER LANCASHIRE AND SOUTH CUMBRIA	LANCASHIRE TEACHING HOSPITALS NHS FOUNDATION TRUST				
South West	DORSET	DORSET COUNTY HOSPITAL NHS FOUNDATION TRUST				
North East And Yorkshire	HUMBER, COAST AND VALE	YORK TEACHING HOSPITAL NHS FOUNDATION TRUST				
Midlands	THE BLACK COUNTRY AND WEST BIRMINGHAM	THE ROYAL WOLVERHAMPTON NHS TRUST				
North East And Yorkshire	WEST YORKSHIRE AND HARROGATE (HEALTH & CARE PARTNERSHIP)	LEEDS TEACHING HOSPITALS NHS TRUST				
South West	BRISTOL, NORTH SOMERSET AND SOUTH GLOUCESTERSHIRE	University Hospitals Bristol and Weston NHS Foundation Trust				
South East	SURREY HEARTLANDS HEALTH & CARE PARTNERSHIP	ROYAL SURREY COUNTY HOSPITAL NHS FOUNDATION TRUST				
South West	CORNWALL AND THE ISLES OF SCILLY HEALTH & SOCIAL CARE PARTNERSHIP	ROYAL CORNWALL HOSPITALS NHS TRUST				
South West	DEVON	TORBAY AND SOUTH DEVON NHS FOUNDATION TRUST				
South West	SOMERSET	SOMERSET PARTNERSHIP NHS FOUNDATION TRUST				
North East And Yorkshire	WEST YORKSHIRE AND HARROGATE (HEALTH & CARE PARTNERSHIP)	MID YORKSHIRE HOSPITALS NHS TRUST				
Midlands	JOINED UP CARE DERBYSHIRE	UNIVERSITY HOSPITALS OF DERBY AND BURTON NHS FOUNDATION TRUST				
North West	CHESHIRE AND MERSEYSIDE	THE CLATTERBRIDGE CANCER CENTRE NHS FOUNDATION TRUST				
North West	CHESHIRE AND MERSEYSIDE	ST HELENS AND KNOWSLEY TEACHING HOSPITALS NHS TRUST				
South West	BRISTOL, NORTH SOMERSET AND SOUTH GLOUCESTERSHIRE	NORTH BRISTOL NHS TRUST				
East Of England	NORFOLK AND WAVENEY HEALTH & CARE PARTNERSHIP	NORFOLK AND NORWICH UNIVERSITY HOSPITALS NHS FOUNDATION TRUST				
North East And Yorkshire	SOUTH YORKSHIRE AND BASSETLAW	BARNSELEY HOSPITAL NHS FOUNDATION TRUST				
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# Acute Trust Engagement

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East Of England	NORFOLK AND WAVENEY HEALTH & CARE PARTNERSHIP	NORFOLK AND NORWICH UNIVERSITY HOSPITALS NHS FOUNDATION TRUST				
Midlands	NORTHAMPTONSHIRE	KETTERING GENERAL HOSPITAL NHS FOUNDATION TRUST				
Midlands	NORTHAMPTONSHIRE	NORTHAMPTON GENERAL HOSPITAL NHS TRUST				
North East And Yorkshire	SOUTH YORKSHIRE AND BASSETLAW	BARNSELY HOSPITAL NHS FOUNDATION TRUST				



# National Implementation

## Our experience so far:

- Some barriers and anxieties
  - There is no consistent approach to how each system delivers smoking cessation services
  - Funding – NRT recharge to ICBs
  - IT platforms – interoperability and pharmacy consultation systems
  - Other priorities – ability of an acute trust to engage and capacity with community pharmacy
- Enablers
  - SCS compliments existing services
  - Findings of the pilot
  - Welcoming of the support
  - CSU subject matter experts - Reassurance
  - Areas where there is a lack of local authority provision



# Useful references

Future NHS page: <https://future.nhs.uk/PharmacyIntegration/view?objectId=16966064>

PSNC page:

<https://psnc.org.uk/services-commissioning/advanced-services/smoking-cessation-service/>

Service spec:

<https://www.england.nhs.uk/primary-care/pharmacy/pharmacy-integration-fund/nhs-smoking-cessation-transfer-of-care-pilot-from-hospital-to-community-pharmacy/>

Our own dashboard:

<https://medsopt.midlandsandlancashirecsu.nhs.uk/nhs-smoking-cessation-service/>

Standard Treatment Programme (STP):

[https://www.ncsct.co.uk/pub\\_NHS-pharmacy-SCS.php](https://www.ncsct.co.uk/pub_NHS-pharmacy-SCS.php)



# Smoking Cessation Service Implementation

Thank you for listening

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IN PARTNERSHIP WITH



British  
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**Many thanks for your time and attention**

