

Ready for a healthier you?

Live Well Stay Well Stop Smoking Service Handbook



Contents

- 1 Title page
- 2 LWSW Overview
- 3 Why support patients?
- 4 The service
- 5 Local stop smoking clinics
- 6 Local Champix providers
- 7 Our training
- 8 Available NRT
- 9 The referral pathway
- 10 Patient feedback

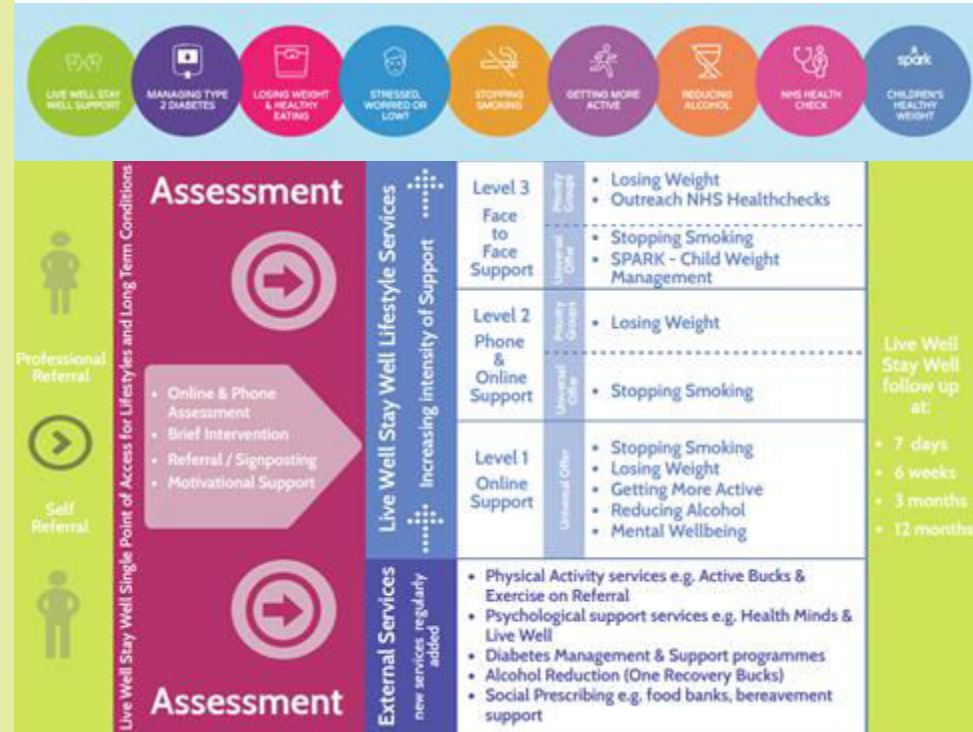


LWSW service overview

Live Well Stay Well is a Healthy Lifestyle service commissioned by the Buckinghamshire County Council Public Health Team and delivered by Parkwood Healthcare Ltd. The single point of access is commissioned in partnership with the Buckinghamshire Clinical Commissioning Group (CCG).

Live Well Stay Well is a free service that has helped thousands of people to lose weight, stop smoking, get more active, feel happier, manage their diabetes and prediabetes. We can also support our service users with the emotional challenges of managing their long term condition, and support families to manage a child's weight.

We are experts in working with members of the public and supporting them to make changes to their lifestyles that lead to a healthier life.



Why support patients to stop smoking through LWSW?



Stopping smoking will reduce the likelihood of certain long term conditions in turn reducing the strain on primary care

77,800 deaths attributed to smoking in 2017

There were 489,300 hospital admissions due to smoking related illness in 2017/2018

Smokers made a third more GP appointments than non-smokers in 2016

Smokers visited their GP 35% more than non-smokers in 2015/16

You are 3 times more likely to quit with support from a local stop smoking service

Stop Smoking Service

- 155 available appointments a week
- Appointments available within a week
- 20 locations across the County
- Behavioural support available either face to face or via telephone appointments
- Various NRT options available for free
- NRT posted to clients who opt for telephone appointments
- Champix available at prescription cost at local pharmacies
- Patients receive 8 - 12 weeks of support
- Patients receive follow ups at 7 days, 6 weeks, 3 months, 6 months and 12 months
- Referrers receive feedback (if consent is given) via NHS Mail
- In Yr1 702 people set a quit date to stop smoking
- In Yr1 54% of people successfully quit at 4 weeks



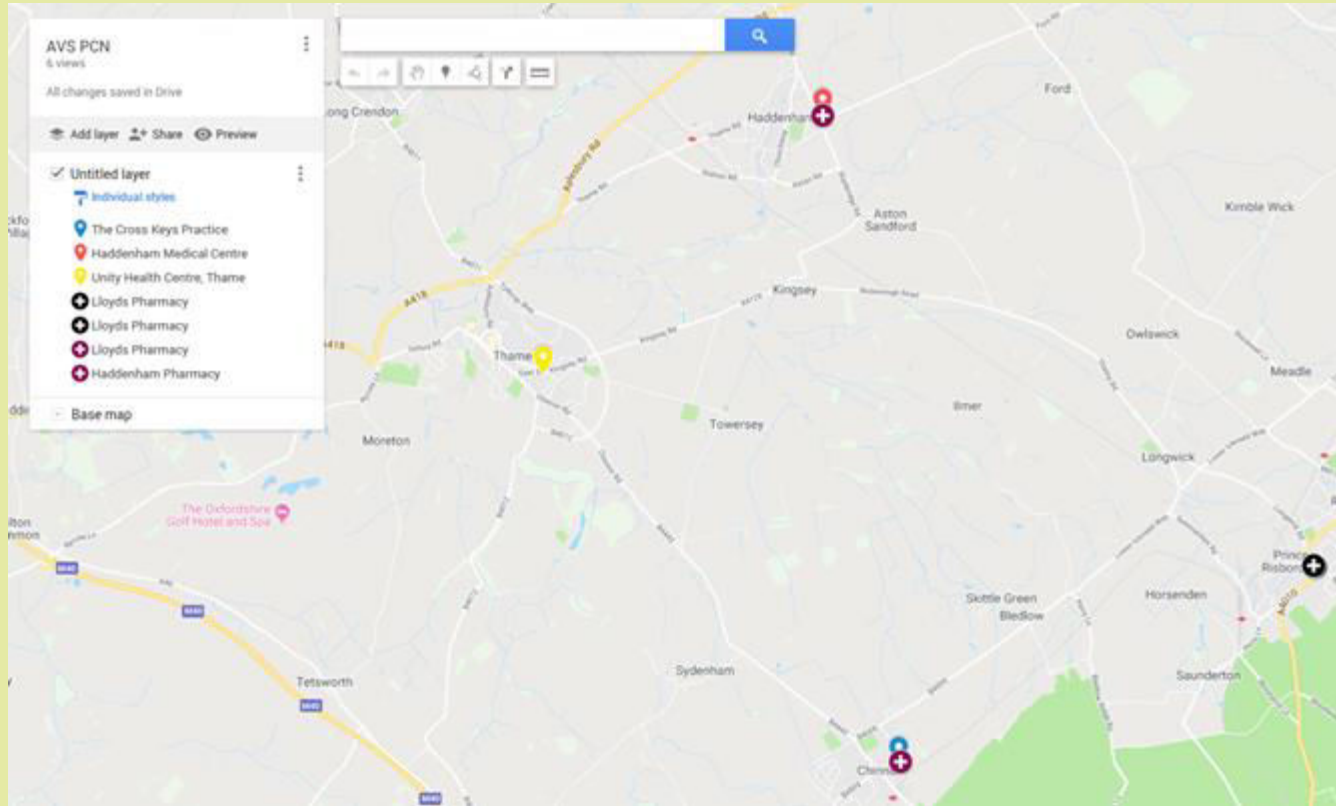
Local stop smoking clinics

- Mandeville Surgery (external patients accepted)
- Tesco Broadfields
- Healthy Living Centre
- Thame Town Hall
- Home visits for pregnancy
- Telephone appointments

If your surgery would be interested in having a clinic please let us know!



Local champix providers



⊕ Target pharmacy

⊕ Live pharmacy

Our training

We have passionate, qualified staff who are trained in motivational interviewing, behaviour change techniques and are up to date with the latest Stop Smoking modules provided by NCSCT, giving your patients a tailored, personalised and professional approach.

RSPH
ROYAL SOCIETY FOR PUBLIC HEALTH
VISION, VOICE AND PRACTICE

NHS

Health Education England



NCSCT NATIONAL CENTRE FOR SMOKING CESSATION AND TRAINING

Available NRT

Nicorette Lozenge
NiQuitin Mini Lozenges
Nicorette Quick Mist Mouth Spray
Nicorette Quick Mist Mouth Spray 2 pack
NiQuitin Clear Patch Step 1
NiQuitin Clear Patch Step 2
NiQuitin Clear Patch Step 3
Nicorette Invisipatch Step 1
Nicorette Invisipatch Step 2
Nicorette Invisipatch Step 3
Nicorette Gum
Nicorette Inhalator
Nicorette Nasal Spray



The referral pathway

- Patient is referred to LWSW
- Patient is called within 48 hours unless otherwise specified
- Patient is triaged by one of our LWSW coaches
- Patient receives a holistic triage and can be referred to various services;
 - Adult weight management
 - Child weight management
 - Type II Diabetes management
 - Exercise on referral
 - NDPP
 - A community NHS health check
 - Signposting to community and voluntary sector support

Stop smoking specific:

- The patient will be booked in with one of our Advisors
- A choice of times and locations, face to face or telephone
- 8 - 12 weeks of behavioural support
- Goal setting and motivational tools
- Resources available such as leaflets and factsheets
- Signposting to help apps
- A choice of NRT or Champix
- Patients receive follow ups at 7 days, 6 weeks, 3 months 6 months and 12 months
- Patients can return if they relapse



To refer

- Find our referral form on your system
- The form will auto populate
- Tick box/boxes relating to needed lifestyle support
- Select time and date of contact preference
- Send it to us and we'll do the rest!

Client feedback



This service is brilliant, I only spoke to my Dr 2 days ago, you rang me so quick

You motivate me everytime I come to see you, I always look forward to telling you how well I am doing

I never thought I would get this far (in terms of quitting smoking) and I'm so happy with all the process...(all your fault)! Thank you for your patience and advice in the past few weeks

My children will grow up thanking you for helping me stop smoking

After two weeks of trying I really thought I wouldn't be able to quit smoking but you believed I could do it and didn't give up on me, and look at me now! I haven't smoked for weeks and I barely even think about smoking a cigarette anymore

I didn't realise there was so much support available to me. It's a really great service and has been really helpful

This service is brilliant, I only spoke to my Dr 2 days ago, you rang me so quick

Quitting smoking is the most challenging thing I had ever done, and I wouldn't have been able to do it without your guidance and support, it made all the difference for me