

Q1 Stars

Georgie Turnbull, Jane Kendall, Gail Jackson, Lynda Kempster & Angela Cella with great conversion rates all above 70%!

Carol Pittam Beverly Phillipson for seeing 45 clients, or more!



News from the Stop Smoking Service

National data for last year has been published and is available at <http://www.hscic.gov.uk/catalogue/PUB18002>

Milton Keynes did really well, we are tiny compared to many county services, but we see a big number of patients and (other than NRT/Champix!) we are really cost effective.

Please be mindful of NRT & Champix costs!

New Advisor Training

All prospective advisors must complete a 2 day training course with the MKSSS to explore the practicalities of supporting clients to give up smoking and to understand the reporting systems involved in collating data and running clinics.

Before new advisors can actually offer support and receive their certificate they must complete the free online NCSCT Adviser assessment.

Link: <http://www.ncsct.co.uk/>

The next Level 2 training session at MK Council Civic Offices:

December 3rd / 4th 2015

Certified Advisors

Supervision is very important and all practising Advisers in MK must attend at least one update session a year as stipulated in the Public Health Contract.

These are offered quarterly.

Stop Smoking Helpline 0845 200 2323

Stop Smoking Service Co-ordinator
Julia Banham 01908254242
Julia.Banham@milton-keynes.gov.uk
Stop Smoking Advisor Laura Martin
Currently On maternity leave
Stop Smoking Advisor Lucy Gardiner
01908 254233
Lucy.Gardiner@milton-keynes.gov.uk
Stop Smoking Advisor Mhay Green
01908 252862
Mhay.Filoteo-Green@Milton-keynes.gov.uk



If you can find some spare board space why not try to have a Stoptober display.

If you are running flu clinics on Saturdays or evenings why not set up a display in your waiting room.

Could the Practice have a short article in their newsletter or on their website? Perhaps a link to the national site where patients can sign up for a quit pack, and then a short blurb about you – their in-house advisors.

Do approach your PM with any ideas you would like to try, they may not have had the time to think about them.

We can provide text/ templates if it helps.

Update Medical Tab on QM

If you see a patient with a **Long Term Condition** or **Mental Illness/ depression** please update the "Medical" tab on QM. This will be very useful for us all, but could also help if you have a low conversion rate at any time.

It could be that you have seen a number of patients with a LTC or MI and they are much harder to support, so obviously your chances of success are lower.

Smoking in cars carrying children

The Children and Families Act 2014 gave the Secretary of State for Health the power to legislate against smoking in private vehicles when children are present.

Regulations were approved in February 2015 and the law will enter into force on 1st October 2015.

Posters on this new legislation are available from us.

GP Targets

Heard you have a target but you think it is an impossible mission - please do not be despondent!

Targets are a guide, calculated on smoking patients registered.

Being an Advisor is a tough job that takes resilience, persistence and an immeasurable amount of patience. Targets are a performance indicator but we know that the figures do not always show the whole story.

The work you do is valuable; helping smokers to quit using our service is giving them a healthier and longer life. Keep up the good work and remember we are here if you have any questions or suggestions.

Resources

Where can you get resources?
Leaflets – posters - stickers

DoH publications order line
<https://www.orderline.dh.gov.uk>

Create a username and you can order what you like, for free.....

If you need something more targeted (young people, diabetes, heart disease, mental health, etc.) and can't find anything suitable, contact us and we can source it for you.

Smoking in Pregnancy Work in a Pharmacy?

Why not ask any ladies purchasing pregnancy testing kits that appear to smoke if they have thought about how they will give up smoking.

Why not offer to do their CO reading, explain that CO is dangerous to us all, but even more so to babies.

Babies CO levels are almost double those of their mothers and they can't pop out for a breathe of fresh air!

Referring to the Stop Smoking Service

Lost for ideas how to help some patients? Seen them a few times before?

If, in a surgery, you do not have a colleague that can see the patient and be a fresh face you can refer to us if you think they may need a bit more support than the average client, or you could direct them to their local pharmacy. All but Lloyds, Superdrug and Sainsbury's offer Support – weekends too!

E-Cigarette Users on QM

If a patient uses no medication please select "No medication" on the Medication tab.

If a patient uses an e-cigarette no medication must be ticked as well as the box to show an e-cigarette was used.

Medication Information

Unknown Treatment

No Medication

Unlicensed NCPs e-cigarette

Has the unlicensed product been used concurrently or consecutively with a licensed product? ⓘ

Concurrently Consecutively

Save Unlicensed NCPs

E-cigarettes around 95% less harmful than tobacco estimates landmark review

An expert independent evidence review published by Public Health England August 19th concludes that e-cigarettes are significantly less harmful to health than tobacco and have the potential to help smokers quit smoking.

The comprehensive review of the evidence finds that almost all of the 2.6 million adults¹ using e-cigarettes in Great Britain are current or ex-smokers, most of whom are using the devices to help them quit smoking or to prevent them going back to cigarettes. It also provides reassurance that very few adults and young people who have never smoked are becoming regular e-cigarette users (less than 1% in each group).

However, the review raises concerns that increasing numbers of people think e-cigarettes are equally or more harmful than smoking (22.1% in 2015, up from 8.1% in 2013: ASH Smokefree GB survey) or don't know (22.7% in 2015, ASH Smokefree GB survey). Despite this trend all current evidence finds that e-cigarettes carry a fraction of the risk of smoking.

Emerging evidence suggests some of the highest successful quit rates are now seen among smokers who use an e-cigarette and also receive additional support from their local stop smoking services.