

NENC ICS – Tobacco Dependency Treatment Service

Mental Health Inpatient Treatment Pathway

dmitting Team

During patient admission

ASK

Patient if they smoke and record smoking status (Smoker, Ex-smoker, Never Smoked, Current supported quit attempt, Vaper)

If the patient is Smoker then...

ADVISE

Patient that the best way to stop is with a combination of specialist support and medication, and both are available at the hospital

ACT

- 1. Stop smoking medications offered to manage nicotine withdrawal and provided, ideally NRT provided within 2 hours of admission, as per trust protocol.
- 2. An opt-out referral, preferably electronic to the inhouse hospital tobacco dependence service.

Opt-out behavioural support session with Tobacco treatment advisor

Tobacco treatment adviser attends to patient within 24 hours to provide an indepth opt out stop smoking consultation that includes:

- CO test and assessment of nicotine dependence (ideal scenario)
 - Assessment of patient's readiness and ability to quit
- Informing the patient what support is available agreeing appropriate pathway & including:

Support to quit, Temporary Abstinence, Harm Reduction (cut down when granted leave outside hospital grounds)

- Informing the patient about withdrawal symptoms
- Review agreed medication plan, including Varenicline & Vaping
- Where appropriate discussion about tobacco & drug metabolism

Patient too unwell to be seen by Tobacco advisor: Indirect support by proxy via nursing staff until can be seen by Tobacco treatment

advisor

Ongoing inpatient support from Tobacco Treatment Advisor

Tobacco treatment advisor to provide patient with weekly support during inpatient stay that includes:

- CO test and review withdrawal symptoms & medication plan
- Review Temporary Abstinence or Harm reduction support to see if a Quit attempt
 can be started
 - Review ongoing support post 4 weeks
 - if inpatient stay >28 days record Smoking status 28 days from last cigarette

Ongoing post discharge support session with Tobacco Treatment Advisor

- Offer ongoing quit support via Mental Health Trust Tobacco Treatment Service and arrange appointment where appropriate to occur within 7 days of discharge
- Where appropriate ensure that TTO medication is provided (minimum 1 weeks)

Continued support post discharge

Support from trained tobacco treatment advisor to be continued weekly for first 4 weeks post discharge, ideally face to face:

- If inpatient <28 days record Smoking status 28 days from discharge
- Prolonged treatment with behavioural support available where appropriate

If relapses, should be offered opportunity to restart and new referral

Mental Health Tobacco dependence Service





