

Manaaki Hauora-Supporting Wellness

Learning Session 3

Tuesday 10 November 2015

SMOKEFREE BUFFET



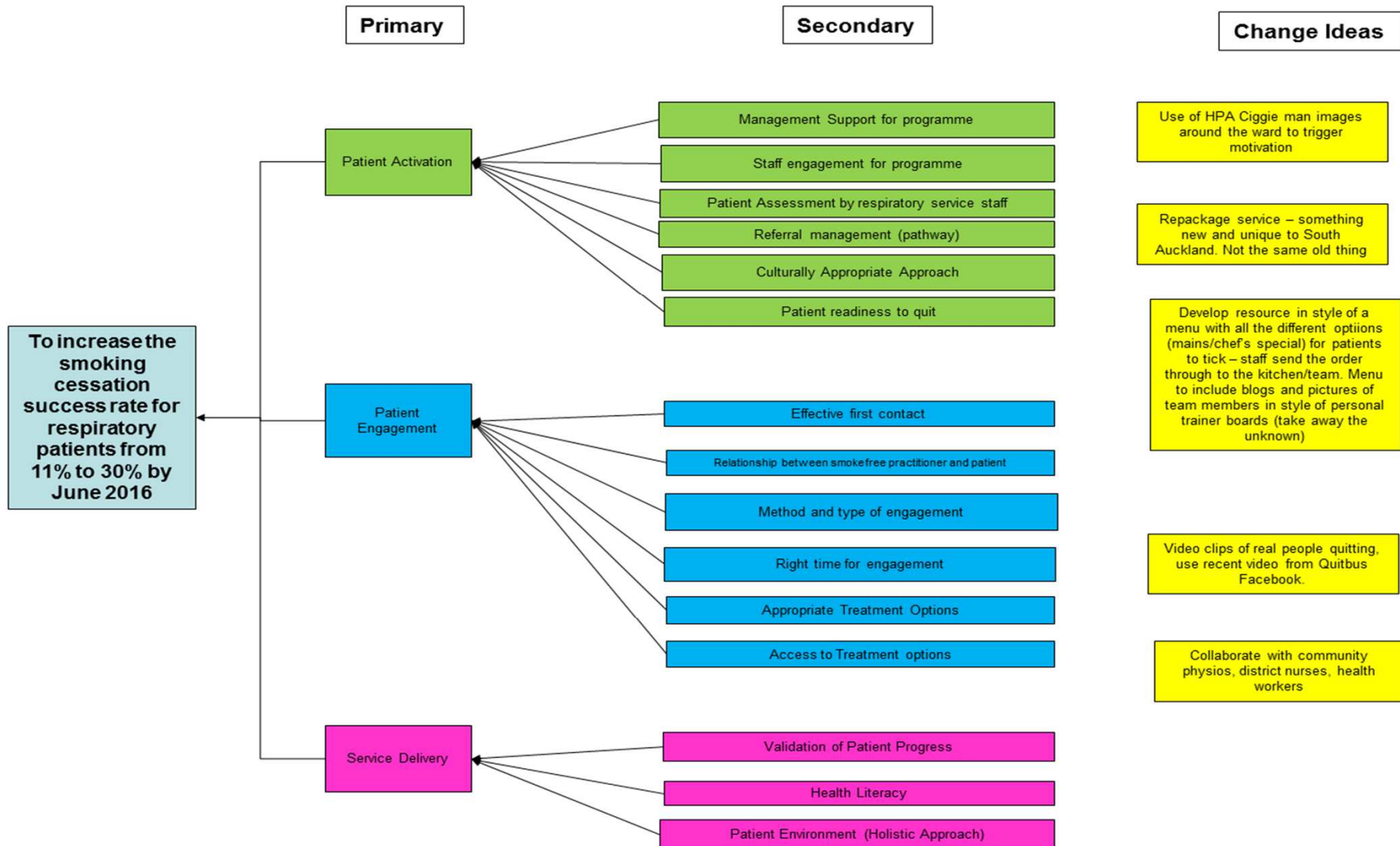
Aim

To increase the smoking cessation success rate for respiratory patients from 11% to 30% by June 2016 by -

- Strengthening “cessation” component of the Smokefree ABC in Ward 7.
- Providing Smokefree self management toolkit, a range of Smokefree options to patients with long term conditions from Ward 7 supported by Living Smokefree services.



Driver Diagram



Potential for Spread

Other opportunities for this work to be continued could include -

Extension of current trials with patients of long term conditions in other areas such as:

- 33 North
- 33East
- Primary Care

Plan to be developed following Ward 7 PDSA review and outcome



Achievements to Date

- The offer of Quickmist has improved patients' likelihood of accepting on-going stop smoking support.
- Following our collaboration with the Respiratory Team they are interested in becoming involved with the Quit bus (spirometry).
- Dedicated Smoke free champions are now on Ward 7.
- Thanks to connections established at Learning Session 1 our Smokefree team connected with the Kia Kaha team to discuss how Smokefree fits in with their work. This has resulted in great connections being made between East Tamaki Healthcare & the Smokefree team. In turn there has been a significant increase in referrals being sent to the Smokefree team as well as the setup of a stop smoking group run within Kia Kaha's (ETHC Wellness Team) base in Otara.

Most successful PDSA cycle



Our PDSA's showed us that the Quickmist has a stronger impact on the likelihood of patients accepting smoke free support than the Pocket Card.

We learned from the Pocket Card PDSA the importance of communicating with ward nurses from the onset of the change implementation.



Measures Summary

Outcome measures

- Success rate*

Process measures

- Referral rate
- Engagement rate
- Quit date rate
- 4 week quit rate

Balancing measures

- Ward staff satisfaction
- Patient satisfaction
- Capacity



*Success rate is defined as the proportion of patients of those referred who haven't smoked within the last two weeks of a four week period following a quit date, carbon monoxide validated

Highlights and Lowlights

Highlights –

- Focus has been shifted to patient engagement in quitting compared to increasing the number of referrals as Ward 7 has already been referring patients that are willing to stop smoking
- To engage the patients in quitting additional resources (FTE and Treatment) have been allocated
- Engagement with ward 7 has resulted in potential collaboration with respiratory team in other self management support projects
- Positive patient, whaanau and ward staff experiences in having more stop smoking treatment options available
- Quickmist is proving to be a powerful tool in engaging patients

Lowlights –

- Current team capacity issue has resulted in inability of the team to be able to offer intensive, flexible stop smoking support to patients upon discharge.
- Recruitment is proving to be an issue

Patient & Whaanau Stories

The Quickmist option has motivated the patients to make an attempt to quit smoking.

Feedback from Smoke free Practitioner:

“A patient from Ward 7 had tried NRT (nicotine replacement therapy) many times and mentioned that it did not work. She was at first not interested any more but I introduced to her the Quickmist spray and she demonstrated motivation to try again. She said that this is something new to her and consented to make a quit attempt.”



Collaborative Team Members

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