



**Report to
Dunfermline & West Fife Community Health Partnership Committee
9th July 2009**

Progress Report for Stop Smoking Service

1 Introduction

- 1.1 Dunfermline and West Fife CHP continue to provide a range of services, providing choice, accessibility and acceptable services to meet the needs of those wishing to stop smoking.
- 1.2 Services provided include; one to one support in a range of venues and times, group support, telephone support and shared care between different professionals. Support is provided by Specialists, Pharmacists, Primary Care staff including Public Health Nurses for young people. The QuitFit model now forms one element of the CHP service and provides support along with increased physical activity.

2 HEAT Targets

- 2.1 The current HEAT target requires the service to support 8% of the smoking population in successfully quitting (at one month) over the period 2008/9-2011. As previously highlighted the changes in the performance measures have meant that the service has had to increase the numbers of people accessing the service as well as increasing and sustaining confirmed quit rates at one month.
- 2.2 The activity required from Dunfermline and West Fife CHP to meet the HEAT target is based on an estimation of the number of smokers from CHP Health and Wellbeing profiles (2008) which indicate that 8% of the CHP smoking population is 2402 people (Table 1).

Table 1

Target: support 8% of the smoking population in successfully quitting (at one month)			
Area	Proportion (%)	Number	Timescale
NHS Fife	100%	6168	2011
DWF CHP	39%	2402	2011

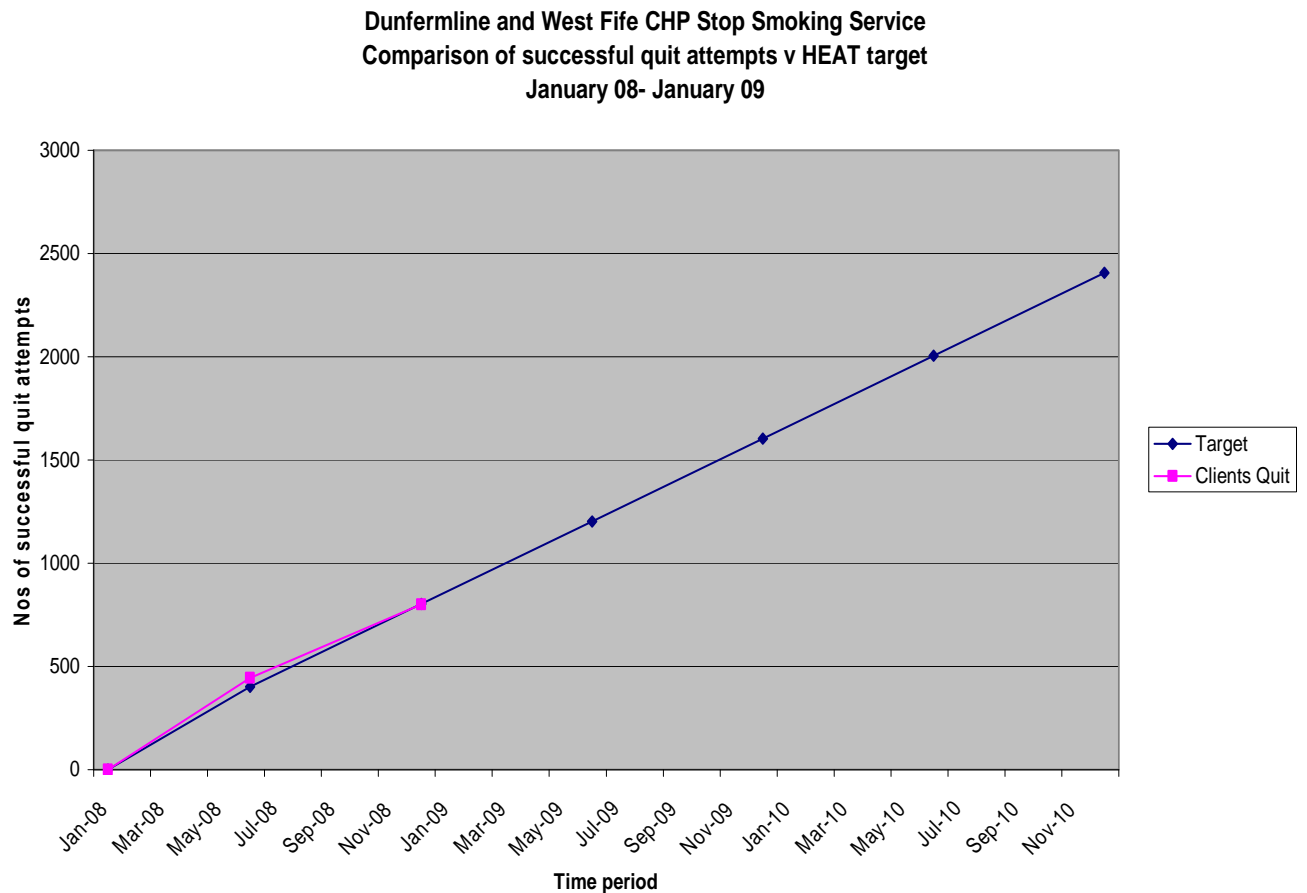
- 2.3 Information provided to NHS Fife from ISD for 2008 confirms the CHP's progress towards the HEAT target as shown in Table 2, as well as graphically in Figure 1.

Table 2

Date Required	Actual numbers of successful quit attempts*	HEAT target
2008/09	798	802

* Includes Quit for Life numbers- Support during pregnancy project.

Figure 1



3 Service developments for 2008-2009

Building on the work to date the CHP Tobacco Issues Group (CHP TIG) continues to develop the service to support an increase in reach and sustain service activity.

- 3.1 As previously highlighted evidence suggests specialists working in stop smoking services achieve higher quit rates compared to Practitioners who offers smoking cessation as part of a wider role. To deliver on the HEAT target the CHP continues to deliver the service with a core team of specialists complemented by practitioners to maintain both a good reach in terms of accessibility as well as support successful quit attempts. The core team consists of 4 specialists (3.1 WTE) supported by two administrative staff (1.5 WTE). The recent report from ISD which can be accessed on the following link www.scotpho.org.uk/home/Publications/scotphoreports/pub_smokingcessationstats2008.asp indicates that this CHP is achieving a reach of 5.4% of the smoking population which remains an encouraging marker in comparison to many other areas in Scotland.
- 3.2 As a result of some changes in staff hours the service is in the process of setting up a bank of sessional workers, skilled in delivering stop smoking

support, who will be able to augment the core service on a flexible basis to cover for annual leave etc and to enable backfill where specific programmes are being run for time limited periods. This will be monitored over the coming year to ascertain effectiveness. Bank Staff are employed on a zero hour contract and are paid for the hours they are asked to work.

- 3.3 Since August 2008, the national pharmacy scheme was launched by the Scottish Government as part of the development of the community pharmacy contract. This has resulted in the availability to patients/ clients of stop smoking support and access to Nicotine Replacement Therapy in all 31 community pharmacies across Dunfermline and West Fife CHP. Subsequently, there has been an increase in the number of clients accessing the pharmacy service and this is anticipated to continue during 2009/10. A further development will include the development of the provision of pharmacy support to patients who are prescribed Varenicline (Champix) which unfortunately had to be delayed last year because of the launch of the national scheme. This development will support the capture of data again contributes towards the HEAT target. Local specialists also support both the Varenicline and the NRT Pharmacy service particularly in terms of training.
- 3.4 During last year, audits of Varenicline prescribing against local and national guidance were undertaken, by a pharmacist, in Dunfermline and West Fife practices. The results of those audits identified some areas for improvement and it is intended to re-audit the practices during this year.
- 3.5 Local work continues to ensure that specialist and practitioners delivering services attend updates and training as outlined in the national training standards which are currently being refreshed.
- 3.6 As part of the monitoring process, patients using the service are asked for feedback on their experience and the team is keen to explore this in more detail over the coming year to support continued improvement in the acceptability and accessibility of the service.
- 3.6 The QuitFit programme continues in Cowdenbeath Leisure Centre offering both one to one appointments as well as group support. This was also piloted in Duloch Park Leisure Centre which didn't attract large numbers and group has since started in the Tryst Centre in Abbeyview which is proving more successful.
- 3.7 A range of preventative work is underway across Fife, which is supported by national funding, and includes smoke free homes, test purchasing and some proposed work with young people. Further information will be provided on current progress in the near future. Locally a number of initiatives continue with links to young people exploring a range of lifestyle issues which impact on wellbeing including smoking.

3 Spend allocation for 2008-2009

- 4.1 Funding continues within the three year cycle from a variety of sources including HIF and Scottish Government allocations. The system for allocation of this funding is negotiated at the Fife TIG. The Fife TIG has also confirmed that smoking cessation monies from the HIF and the Scottish Government are guaranteed until 2011. This follows previous years spend plans with the funding released in changed specialist hours supporting the development of the bank of sessional workers.

4 RECOMMENDATION

The CHP Committee is asked to:

- **note** the content of this paper with particular reference to the good progress the CHP Stop Smoking Service has made toward the HEAT target

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Chair CHP Tobacco Issues Group

June 2009

Appendix 1

Smoking Cessation Data

Dunfermline and West Fife CHP Total Activity 2008 compared to 2007

	01/01/08- 31/12/08	01/01/07- 31/12/07
Total number of clients seen	1804	1512
Total setting a quit date	1683	1418
% of clients setting a quit date	94%	94%
% quit at one month	47%	46%
No's successfully quit at one month	791	646

Breakdown of Activity (already included in total activity)

Pharmacy Service 01/01/08 – 31/12/08

	01/01/08- 31/12/08	01/01/07- 31/12/07
Total number of clients seen	203	120
Total setting a quit date	193	116
% of clients setting a quit date	95%	97%
% quit at one month	35%	30%
Nos. successfully quit at one month	67	35