

Welcome to the third edition of the TFI Bulletin

CLINICAL GUIDELINES

On Tuesday, 13th October 2020, the TFI Programme, on behalf of the stop smoking guideline development group, launched a public and stakeholder consultation on the new draft national stop smoking clinical guidelines. The consultation closed on Friday 6th November 2020. During that time, the temporary webpage detailing the draft guideline and feedback form was viewed over 1,100 times. In total, 33 submissions were received. The guideline group reviewed all submissions, and any amendments which were deemed appropriate by the group were made to the draft guideline. The document is ready for formal submission to the National Clinical Effectiveness Committee for review.

The TFI programme, on behalf of the guideline development group would like to thank all those who took the time to review the draft guideline and make a submission.



Hi!

Hello!



We can Quit!

We Can Quit is a 12 week stop smoking programme for women living in disadvantaged communities. This programme which was originally developed by the Irish Cancer Society, offers participants 12 weeks of group support, flexible one to one support in between the group sessions and 12 weeks supply of stop smoking medications. The programme is delivered by community facilitators, who live and/or work in the community, most of whom are ex-smokers themselves. *We Can Quit* takes a holistic approach to health. Although quitting smoking is the main focus of the programme, other areas of health and well-being are also addressed. There are sessions dedicated to physical activity, healthy eating, stress and mental health, women's health and women's identity. Many of these other health and social issues dictate the women's capacity to quit. The programme offers them the opportunity to explore these other issues, in a supportive and non-judgmental environment. In doing so, this approach affords them the greatest opportunity to quit smoking and to stay quit for good.

The last 12 months have proven to be very challenging. However, the *We Can Quit* team have continued to deliver the programme online, supporting over 100 women to quit in 2020. With the experience of 2020 behind them, the community facilitators and community partners are embracing this new style of delivery, with 12 programmes already underway in 2021.

NATIONAL NO SMOKING DAY WEBINAR

National No Smoking Day takes place every year on Ash Wednesday and is a health awareness day intended to promote the QUIT support service and help people who want to quit smoking. This year, a National No Smoking Day webinar was hosted by HSE Health and Wellbeing and the HSE Tobacco Free Ireland Programme on Wednesday 17th February. The webinar set out to give attendees a broad sense of what tobacco control in Ireland looks like and to encourage action and participation in the Tobacco Free Ireland mission. Over 330 attendees (from health services, local authorities, educational institutions, community and voluntary organisations, private industry and international organisations) joined us for a tour through Irish QUIT services and tobacco control initiatives. **You can watch the recording of the webinar in full [here](#).**



Sláintecare.

SLÁINTECARE PROJECTS

Smoke Free Start is a Sláintecare funded dedicated midwifery led stop smoking service based at Cork University Maternity Hospital and The National Maternity Hospital. These new services were established in August 2020 and have recently reached a milestone in that they have both received over 200 referrals. A similar Sláintecare project in the South East, *Supporting Pregnant Women to Quit and Stay Quit* (established in March 2020) has now received over 600 referrals and seen the delivery of 23 smoke free babies. Well done to Majella Phelan, Orla Bowe, Colm O' Connor and David Phelan who continue to make these projects successful.



QUITMANAGER UPDATES

- **Guidance Notes** – A new suite of guidance notes have been prepared to support users of the quitmanager system. **These are available via a link on the QuitManager homepage, or you can access them directly here**

These Guidance Notes are one-page documents which will help you troubleshoot general QuitManager queries. Please access these in the first instance. If having reviewed these, you are unable to resolve your query, please email quitmanager.tfi@hse.ie

Please note: Superuser cover has been greatly reduced meaning there may be a delay in replying to your query, please do not submit multiple emails for the same query. We will endeavour to reply to you as soon as we can.

- **Referral Module** – The referral module is now built. The 'go live' date has been delayed due to the current Covid situation and redeployment associated with the pandemic.
- **QuitManager Webinar** – A very successful webinar was held on the 21st January with a high level of attendance and very positive engagement. Topics covered included Client Set Ups, Recording Sessions, Call Backs, Top Tips, Record Maintenance and Data Audit, the Referral Module and Referral Processing. An open Q&A session followed the presentations. The recordings of the demonstrations of system functionality (as well as all the related guidance notes and documentation) are all available on the Tobacco Free Ireland Programme webpages [here](#). A survey was sent to all attendees after the webinar to check that the content delivered was of value, and there was strong agreement from those who responded that the topics covered were very useful.

Following on from the concerns discussed at the webinar on 21st January in relation to redeployment and changes to service delivery currently, we have decided to implement an interim process for managing referrals received. A subsequent webinar was hosted on the 11/03/2021 to present this to all staff and clarify any queries in relation to same.

- **E-Learning** – As you may know we are developing an online e-learning training to support new and existing staff to learn how to use the quitmanager patient management system for Stop Smoking Services. We have returned the first story board iteration of the QuitManager E-Learning Module to the developers. We hope to have this module signed off and available by early Q3. This will be accessed on HSElanD. It will be beneficial for new advisors but will also work as a refresher for all other advisors who want to update their knowledge on the system.
- **KPI report** – The new version of QuitManager now contains an updated KPI report which allows all advisors to generate their own report on their service activity. This can be broken down and reported on by clinic or by advisor. Advisors cannot access another advisors report.
- **National Screening Service** – The TFI team have recently engaged with the NSS to explore making the referral module available in the Colposcopy clinics. This project is in its infancy and work will begin in collaboration with the NSS to develop appropriate information for women attending colposcopy and the correlation between HPV/abnormal cytology and smoking. This in turn will increase referrals from colposcopy into the tobacco programme.

QA STANDARDS - HSE Quality standards for the delivery of stop smoking services have been developed to describe the role of the stop smoking advisor, the elements of a structured support programme and the models of delivery of this programme. The standards are now in the final stages of development and we are hoping to launch these in Q2 this year.

MENTAL HEALTH IRELAND - The TFI team have continued to work closely with Mental Health Ireland on the co-production of recovery focused guidelines for the delivery of improved care and management of tobacco for people with lived experience of mental health difficulties. We will be delighted to share any documents once this project has been completed.

Save the Date for our Tobacco Cessation Symposia

Tuesday 27th April 9:30 – 12:30

Tuesday 19th October 9:30 – 12:30



QUALITY IMPROVEMENT IN TOBACCO FREE CAMPUS IMPLEMENTATION

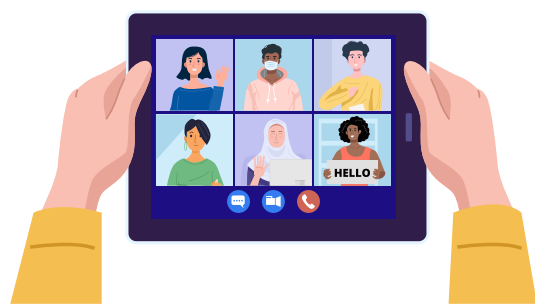
The Tobacco Free Campus Bursary 2020/21 is well underway with over 60 services engaging in Quality Improvement Projects across Acute, Mental Health, Disability, Older Persons and Primary Care settings. A second Quality Improvement Plan will be submitted by each service in June 2021 which will identify all TFC actions undertaken over an 18-month period.

To promote and re-energise the importance of TFC implementation, a webinar took place on Thursday 26th November 2020 titled 'Quality Improvement in Tobacco Free Campus Implementation'. The purpose of this webinar was to encourage uptake and development of TFC policies in health services that have yet to go tobacco free while also to encourage compliance and sustainability in existing sites that have an established TFC policy.

Topics discussed on the day included:

- An overview of tobacco use and the state of tobacco control today.
- A summary of the 8 Global Quality Standards and innovative practices from the 2019 TFC Bursary.
- Examples of best practice in policy implementation in Our Lady of Lourdes Hospital, Drogheda.
- An example of how the TFC policy is working in The National Forensic Mental Health Service, Dundrum.

An interactive element followed with group discussions and the webinar closed with a plenary Q&A session. The event was well attended with almost 80 participants in total from a range of services across the organisation as well as some external stakeholders. Subsequently a meeting was held with the communications managers of each hospital group in November '20 to discuss TFC communication across our acute services. Funding was issued to each group to support a refresh of communication tools - e.g. a refresh of TFC signage.



Sláintecare.

SLÁINTECARE CHRONIC DISEASE PROGRAMMES

As well as the Sláintecare projects concerned with maternity specific stop smoking services, there are also Sláintecare funded projects that are focused on improving the quality of life for people living with chronic disease. Smoking cessation is a key element in two of these chronic disease management projects;

Integrated Pulmonary Outreach in South Tipperary (SIF 311) commenced in November 2020. Angela Radley (Senior Physiotherapist) and Martha O Connor (Senior Physiotherapist) at South Tipperary General Hospital works as part of a multi-disciplinary team to provide stop smoking support to referred inpatients and outpatients. Stop Smoking Clinics are provided 3 mornings a week via OPD and 3 afternoons a week as part of the Pulmonary Rehabilitation Programme.

Caroline Walsh (Health Promotion and Improvement Officer) works with a multi-disciplinary team on the **North East Wicklow Respiratory Integrated Care project (SIF 159)**. This project supports the roll out of the Chronic Diseases Programme for Respiratory patients by providing a multidisciplinary respiratory support service for General Practice in line with the 'End to End Respiratory Care Model'. The overall goal of the project is for early community based diagnosis, intervention and development of self-management skills to help reduce acute COPD exacerbations, reduce GP and ED visits, reduce hospitalisation and improve quality of life for people living with chronic respiratory diseases.

Rachel Burke works as part of the **Respiratory Integrated Care team on End to End Respiratory Model: CHO 8 CHN Longford & Westmeath linked to Mullingar Hospital (SIF 159)**. The Respiratory Integrated Care team provides a Community Spirometry Service, Community Pulmonary Rehabilitation, Smoking Cessation and Respiratory Clinical Nurse Specialists. Rachel delivers smoking cessation support to patients who have been diagnosed with COPD, asthma or other respiratory conditions. The service provides a structured standard treatment programme which includes one to one support – face to face, online or over the phone.



HEALTHY COMMUNITIES INITIATIVE

Budget 2021 provided funding to support the development of an area-based approach to community health and wellbeing improvement, with a particular focus on areas of deprivation.

This investment of €10m approx. for health service initiatives is focussed on the implementation of an enhanced Health and Wellbeing Programme within areas that have the greatest levels of disadvantage and highest proportion of young families to deliver evidence informed services to improve local population health and wellbeing outcomes.

A core group of services will be established to support vulnerable groups within the community, including the provision of stop smoking services. A Stop Smoking resource will provide 1-to-1 support to those within the community who smoke, in helping them to make a supported quit attempt. In addition, group support will also be provided in the community utilising the 'We Can Quit' 12-week programme. Rollout of this new initiative will begin later in the year.



TEAM UPDATES

Since we last issued our bulletin in October 2020 a lot of changes have occurred at national and local level. We have two new staff members who have joined the team. Gillian McNamara has joined the team to support a number of projects and we would also like to welcome Eimear Finnegan who is providing administrative and QuitManager support.

Contact us

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