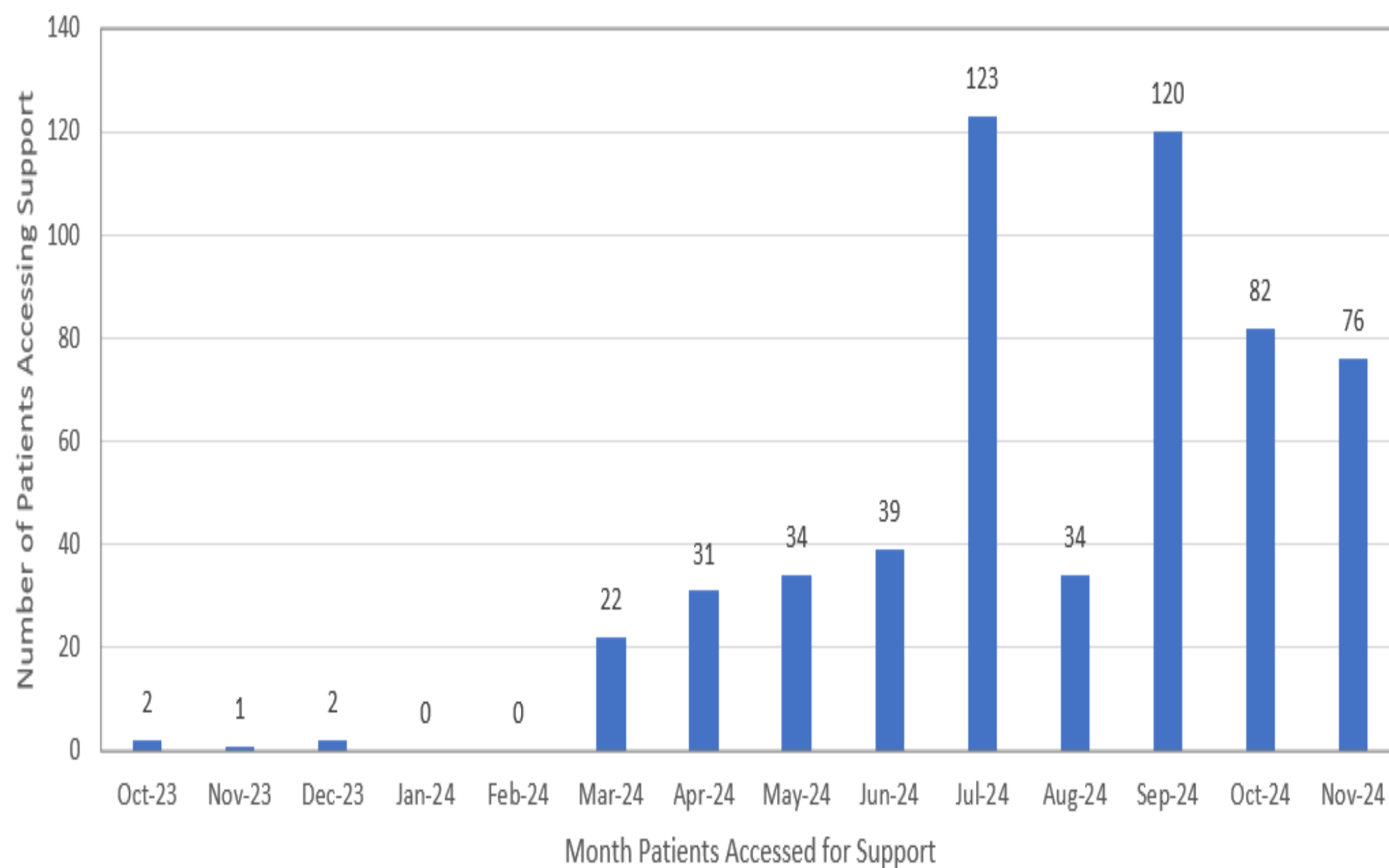


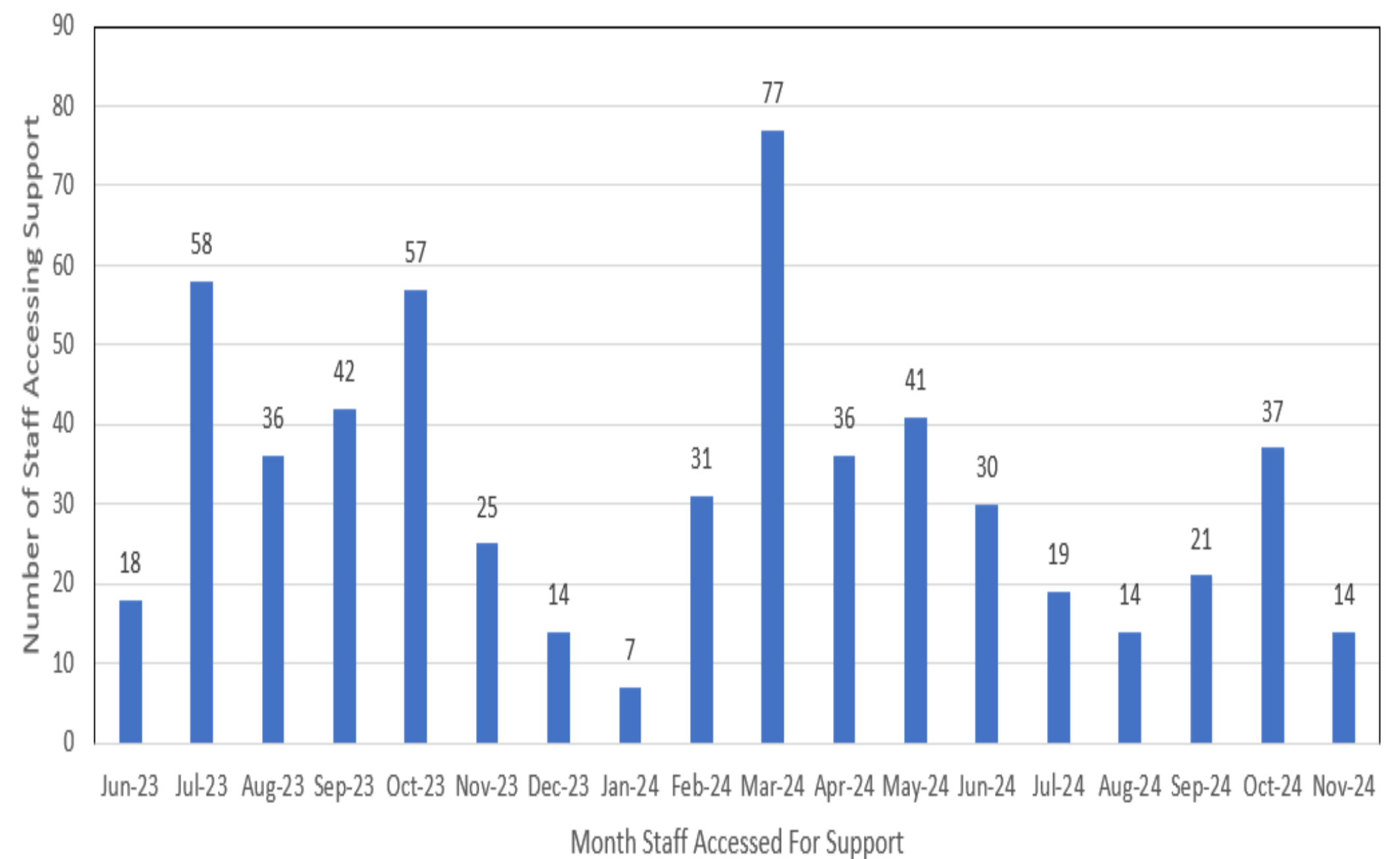
QuITT Collaborative

Reflecting on our project

TEWV QuITT Patient Clinic Data October 2023-November 2024



TEWV QuITT Staff Clinic Data June 2023-November 2024



Change ideas we have tested

1. Setting up staff smoking cessation clinics
2. E-cigarette talks on wards with patients and staff
3. Setting up patient clinics on wards to support temporary abstinence, harm reduction or a full quit attempt
4. The development of a game, looking at the contents of a cigarette and the harms associated with this
5. The development of a Vape Instruction Guide
6. The development of certificates for patients and staff
7. The development of referral cards for patients

Learning from these ideas:

Collaboration with patients and peer support staff is essential to success!!

Changes we have seen in the team

- Providing staff support, led to improved access to wards, where the team were able to engage more effectively with patients
- In Q3 (2023/24) -5 patients from pilot wards requested meaningful support and tobacco treatment
Between March and Nov (2024) -561 patients undertook meaningful tobacco treatment with 399 return appointments recorded
- We have seen a significant change in culture Trustwide, with patients and staff embracing the assessment and treatment process
- Taking part in the QuITT project has enhanced the work the team have undertaken with greater job satisfaction

Our reflections on taking part in the project

Over the past 24 months a gradual culture change was noticed, culminating in 577 staff and 561 patients actively seeking support to temporarily abstain or reduce/quit smoking.

Patients feedback has been extremely positive, often relating to the team as “the vape guys” saying “that’s instant relief, thank you” and “it has changed my stay here”. Peer Support staff have welcomed the initiatives as have ward staff, managers and members of the medical team. Overall, the QuITT project has significantly improved the relationships with patients and staff, leading to many patients and staff successfully stopping smoking.

Some of our challenges

- Initially the team struggled to develop relationships with patients and staff, due to the historic challenges linked to smoking within mental health services
- With the set-up of staff clinics, we immediately started to see culture change and barriers reducing as relationships developed.
- This opened the way for the team to be able to access wards and speak with patients
- Our advice to others would be to look at the bigger picture. Without linking with and supporting staff first, we would never have been able to gain access to the wards and develop relationships with patients.

Looking to the future

To date we have embedded 5 of the 7 change ideas Trustwide. This has culminated in a Trustwide embrace of the team, who are welcomed wherever they go.

We are now in the process of completing the referral card project (by Feb/March 2025) as we believe this will play a significant part in supporting patients on discharge to community services.

The team have undertaken additional QI training (Basic, Intermediate and QI Leaders Training) so that they can continue to develop change ideas, alongside patients, peer support staff and ward staff.