Smoking cessation strategies within Specialist In-patient Rehabilitation

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Introduction:

- Smoking confers increased risk of (non-accident associated)
 neurological events and limb loss, adversely affects overall fitness, and ability to participate in physical rehabilitation.
- Nicotine and tobacco is associated with increased perception of pain and low mood [1].
- In-patient rehabilitation offers an opportunity to introduce smoking cessation.

Objective:

The project sought to address by introducing consistent identification of smokers and novel ways to introduce smoking cessation.

Methodology:

A prospective review of clinical records was undertaken at intervals over a 3-year period, noting whether smoking history was recorded on admission to rehabilitation.

Cycle 3 3 years later, reaudit found that documentation of smoking history remained 66.7% Cycle 2 On re-audit, 2 months later, smoking history was recorded for 66.7% of patients (a 20% increase).

Interventions:

- After the 1st cycle, email reminders
 were sent to ward doctors and
 posters were left at work stations to
 emphasize the importance of
 identifying patients with a current
 or recent smoking history.
- On identifying smokers, smoking cessation leaflets were supplied and a referral was made to the smoking cessation trained pharmacist.
- After the 3rd cycle, a mnemonic was introduced, which sought to take unique and an inter-professional approach.

Conclusion:

Specialist rehabilitation offers a unique opportunity to address lifestyle factors, which can increase risk of ongoing vascular disease.

A mnemonic was introduced (SMOKING), to establish a standardized approach.

Reference:

1. Khan JS, Hah JM, Mackey SC. Effects of smoking on patients with chronic pain: a propensity-weighted analysis on the Collaborative Health Outcomes Information Registry. Pain. 2019 Oct;160(10):2374-2379. doi: 10.1097/j.pain.0000000000001631. PMID: 31149975; PMCID: PMC6768701.

Specify

Is the patient a current smoker?

Motivation

What are the motivating factors for smoking? Is the patient motivated to stop smoking?

Opportunity

Is admission an opportunity to explore smoking cessation?

Kickstart

Can we kickstart the discussion about smoking cessation, e.g. suggest nicotine replacement?

ndividualistic

Are there specific issues, which might affect this individual's ability to engage with smoking cessation.

Nicotine replacement

Can we prescribe NRT safely

Goals

Can smoking cessation be included in this patient's rehabilitation goal?