

Smoking Cessation in Mental Health

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*Improving the Physical Health of People
with Mental Health Conditions*

Monday 10 November 2014

Hallam Conference Centre London



Chair & Speakers include

Dr Shubulade Smith

Consultant Psychiatrist and Senior Lecturer

Institute of Psychiatry, Kings College London

& Commissioner

The Schizophrenia Commission

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This conference, chaired by Dr Shubulade Smith, Consultant Psychiatrist and Senior Lecturer, Institute of Psychiatry, Kings College London, & Commissioner, The Schizophrenia Commission features a number of extended interactive sessions will provide a practical guide to smoking cessation in mental health, ensuring your service effectively supports people with mental illness to stop smoking and does so within a smoke free environment.

'We have to prioritise smoking. We need to challenge the myth that people living with mental illness can't stop smoking.. We will be publishing the findings in July that follow up people at 18 months... 40% have remained smoke free which is higher than the general population, it's outstanding,'

Seamus Watson National Programme Manager (Mental Health) Public Health England

"Smoking is extremely common in people with mental disorders, causing major reductions in life expectancy and quality of life, exacerbating poverty and presenting major economic costs to the NHS and wider society... Smoking is around twice as common among people with mental disorders, and more so in those with more severe disease." Smoking and Mental Health, Royal College of Psychiatrists & Royal College of Physicians 2013

" It is astonishing that people with severe mental illness are in some cases 3 or 4 times more likely to die prematurely from the 'big killer' diseases, when compared to the population as a whole... Thousands of people with mental illness die prematurely every year, and as the report notes, differences in life expectancy for people with severe mental illness, when compared to the population as a whole, are truly shocking. Many of these lives could be saved by improving access to universal population health services for people with mental illness." Norman Lamb MP, Minister for Care Services, June 2013

"Much of the substantially lower life expectancy of people with mental disorders relates to smoking"
Royal College of Psychiatrists & Royal College of Physicians 2013

"Once patients are admitted to wards there is an excellent opportunity to change their behaviour towards smoking...Suggested Actions...Improve access to smoking cessation services for inpatients on psychiatric wards. Develop incentives locally to promote smoking cessation treatment (prescribing of NRT and provision of behavioural therapy) for admitted patients." NHS England February 2014

"NICE are going to tell us that inpatient units should be smoke free"

Dr Shubulade Smith, Consultant Psychiatrist and Senior Lecturer, Institute of Psychiatry, Kings College London, & Commissioner, The Schizophrenia Commission

Follow this event on Twitter #SmokeFreeMental

10.00 Chairman's Introduction

Dr Shubulade Smith

Consultant Psychiatrist and Senior Lecturer, Institute of Psychiatry, Kings College London, & Commissioner, The Schizophrenia Commission

10.10 The importance of smoking cessation in improving the physical health of people with mental disorder: The evidence

Dr Jonathan Campion

Director of Population Mental Health (UCLPartners) & Visiting Professor of Population Mental Health (UCL)
Director for Public Mental Health, Consultant Psychiatrist South London and Maudsley NHS Foundation Trust

- impact of smoking on mental health, physical health and mortality
- impact of smoking cessation on mental health and physical health
- smoking cessation interventions in people with mental disorder

10.40 Service user perspectives on smoking cessation

Paul Scates

Peer Specialist
Dorset Mental Health Forum

- understanding the side effects of smoking
- how we can support service users to quit
- service user views on smoke free inpatient units

11.10 Question and answers, followed by coffee and exhibition

11.50 Extended session: Delivering a smoke free inpatient environment Implementing the NICE recommendations

Kevin Murray

Medical Director at Broadmoor
West London Mental Health NHS Trust

- delivering a smoke free inpatient environment: changing hearts and minds
- how a GP on a secure unit
- delivered a smoke free environment and the impact on smoking rates at
- and developing champions
- smoking cessation in an inpatient psychiatric setting

PROGRAMME
IN
DEVELOPMENT

12.50 Question and answers, followed by

14.00 Extended Session Smoking cessation: what works in me

- Mental Health organisations and Service Users to quit smoking
- National outcome goal of reducing the smoking rate of people with serious
- mental illness
- what works?
- extended Interactive Session

15.30 Case Study: Getting COPD and stop smoking interventions right for people with mental health conditions and cannabis addiction

15.30 Question and answers, followed by tea

16.00 Case study: changing culture and attitudes

- why do people with mental health illness smoke?
- changing culture and attitudes in healthcare staff
- which NRT works for smokers with mental health conditions?
- behavioural support strategies

17.00 Question and answers, followed by close

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Surname

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Department

Organisation

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Please write your address clearly as confirmation will be sent by email, if you prefer confirmation by post please tick this box, ☐
Please also ensure you complete your full postal address details for our records.

Please specify any special dietary or access requirements

This form must be signed by the delegate or an authorised person before we can accept the booking

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The PDF will be sent out after the conference, please fill in the 'Your Details' section above for delivery, and the 'Payment' section.

Venue

Hallam Conference Centre, 44 Hallam Street
London, W1W 6JJ. A map of the venue will be sent with confirmation of your booking.

Date Monday 10 November 2014

Conference Fee

- ☐ £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.
- ☐ £300 + VAT (£360.00) for voluntary sector / charities.
- ☐ £495 + VAT (£594.00) for commercial organisations.

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