

Smoking Cessation in Mental Health

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

Monday 11 May 2015

Hallam Conference Centre London



Dr Jonathan Campion

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

Supporting Organisations



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This conference 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. Smoking Cessation in Mental Health, and delivering smoke free environments is key to the government ambition for parity of esteem and to reduce the lower life expectancy of people with mental health disorders:

"I fully support this drive to increase the number of mental health services who offer completely smokefree environments. This is a very important step in improving the well-being of people living with mental health problems, and in helping people live longer, healthier lives" Norman Lamb MP, 16 October 2014

"Smoking remains the primary cause of preventable illness and premature death in England, and evidence shows that people living with mental health problems are more likely to smoke. Public Health England believe it is vital to reduce smoking rates among people living with mental health problems" Seamus Watson, national programme manager for wellbeing and mental health at Public Health England, October 2014

"The main targets for such intervention should probably be smoking cessation and management of the cardiometabolic risk factors of obesity, diabetes and hypertension. Effective tobacco control policies for people with mental disorders are needed, including rapid access to smoking cessation services. Mental health professionals should be confident in giving advice about smoking cessation, as well as ensuring that patients are referred to smoking cessation services... Many potential causes for the excess mortality in people with mental illness exist The most obvious candidate causes of this health disparity are health behaviours, and above all, smoking. There is strong evidence that the prevalence of smoking is higher in people with mental disorders,⁴⁴ with one UK sample finding that 60% of those receiving secondary mental health care smoke.⁴⁵ Addiction to tobacco among smokers with severe mental illness is also stronger than in smokers in the general population...Evidence indicates that many patients want help to stop⁴⁸ but often do not receive it, perhaps because of stigmatised attitudes by health professionals...NICE recently suggested a number of interventions, including mandatory recording of smoking status by mental health trusts; education for mental health workers on smoking cessation; smoke-free policies on NHS trust grounds; rapid referral to enhanced smoking cessation services; and encouragement and support to stop for those mental health workers who smoke" Annual Report of the Chief Medical Officer, Public Mental Health Priorities: Investing in the Evidence, September 2014

"Importantly, patients with SMI are almost as likely as the general population to want to stop smoking – 69 percent of patients with psychosis reported wanting to quit compared with the general population answer of 66 percent. However, SMI patients have reported that they will find it more difficult to stop smoking and are more likely to need multiple attempts to be successful. While most patients will have received some form of smoking cessation support our advice is that there are a range of targeted interventions where emerging evidence suggests they may be successful.... 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

Follow this event on Twitter #SmokeFreeMental

10.00 Chairman's Introduction

Dr Shubulade Smith

Consultant Psychiatrist and Clinical Senior Lecturer & Head of Physical Health Strategy BDP CAG

South London and Maudsley NHS Foundation Trust & Institute of Psychiatry, Psychology & Neuroscience, Kings College London

10.10 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

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

Dr Jonathan Campion

Director for Public Mental Health

Consultant Psychiatrist

South London and Maudsley NHS Foundation Trust

Director of Population Mental Health (UCLPartners) and

Visiting Professor of Population Mental Health (UCL).

- 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

11.10 *Question and answers, followed by coffee and exhibition*

11.50 Extended session: moving to a smoke free environment in the face of legal challenges

Kevin Murray

Former Clinical Director at Broadmoor

West London Mental Health NHS Trust

- Avoiding legal challenges in implementing a smoke free environment
- how we delivered a smoke free environment and the impact on smoking rates at Broadmoor
- getting the managerial environment right
- tips for implementing smoking cessation in an inpatient psychiatric setting

12.50 *Question and answers, followed by lunch and exhibition*

14.00 Extended Session

Self management tools to aid smoking cessation in people with serious mental illness

Robert Joseph

Specialist Smoking Cessation Advisor

Wandsworth Smoking Cessation Team

- working with Service Users to quit smoking
- meeting the national outcome goal of reducing the smoking rate of people with serious mental illness
- what works? Self management tools

15.00 The role of e-cigarettes

Wendy Preston

Nurse Consultant

George Eliot Hospital

& Senior Lecturer, Coventry University

- evidence regarding electronic nicotine delivery devices
- recent research
- implications for smoking cessation practice

15.30 *Question and answers, followed by tea*

16.00 EXTENDED CASE STUDY SESSION: Changing culture and attitudes in staff and patients

Dr Mary Yates

Matron

SLaM

- 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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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 11 May 2015

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.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

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