

Smoking Cessation in Mental Health

10% card payments discount*
15% Group booking discount**

Monday 29 January 2018 De Vere West One Conference Centre, London



Chair:

Dr Jonathan Campion

Director for Public Mental Health and Consultant Psychiatrist

South London and Maudsley NHS Foundation Trust

Visiting Professor of Population Mental Health

University College London

Supporting Organisations



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By attending this one day Smoking Cessation in Mental Health conference you will benefit from extended interactive sessions, as well as looking at current research evidence and best practices. You will be provided with practical information and inspiration to take back to your organisation and utilise in implementing and improving smoking cessation in your organisation, ensuring your service effectively supports people with mental health conditions to stop smoking and does so within a smoke free environment.

“Smoking rates amongst people with a mental health condition are significantly higher than in the general population and there is a strong association between smoking and mental health conditions. This association becomes stronger relative to the severity of the mental condition, with the highest levels of smoking found in psychiatric in-patients. It is estimated that of the 10 million smokers in the UK about 3 million have a mental health condition. It is not clear whether smoking is the cause or effect of mental conditions. However, some researchers believe that smoking could act as a trigger for mental ill-health. As a result of high smoking rates, people with a mental health condition also have high mortality rates compared to the general population. Therefore quitting smoking is particularly important for this group since smoking is the single largest contributor to their 10-20 year reduced life expectancy.” Pharmacy Guidance on Smoking and Mental Disorder February 2017

“Mental health inpatient services should be smoke free by 2018.” The Mental Health Taskforce Strategy, February 2016

“Smokers with depression who successfully quit smoking using stop smoking services may see an improvement in their mental health” Cancer Research UK

This conference will enable you to:

- Network with colleagues working to improve the quality of smoking cessation services in mental health
- Understand and reflect on what you need to do, to improve the consistency and quality of your smoking cessation service
- Learn from established practice in delivering excellent in smoking cessation services in mental health settings
- Understand how you can better support patients accessing or in need of smoking cessation services in mental health settings
- Update your knowledge on national and local developments in improving smoking cessation in mental health
- Identify key strategies for improving smoking cessation in mental health
- Examine your role in improving the quality of smoking cessation services for mental health patients
- Self assess and reflect on your own practice

10.00 Chairman's Introduction

Dr Jonathan Campion *Director for Public Mental Health and Consultant Psychiatrist South London and Maudsley NHS Foundation Trust
Visiting Professor of Population Mental Health University College London*

10.10 The Stolen Years: The case for action to reduce smoking prevalence among those with a mental health condition

Vicky Salt
*Senior Policy and Campaigns Officer
Action on Smoking and Health*

- the case for action to reduce smoking prevalence among those with a mental health condition
- report findings and recommendations
- what next?

10.40 Service user perspectives on smoking cessation

Paul Scates
*Senior Peer Specialist
Campaigner & Ambassador*

- 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 tea & coffee at 11.25

11.50 Extended session: 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 and Consultant Psychiatrist
South London and Maudsley NHS Foundation Trust
Visiting Professor of Population Mental Health
University College London*

- impact of smoking on mental health, physical health and mortality the facts around smoking, physical health and mortality in mental health
- impact of smoking cessation on mental health and physical health
- smoking cessation interventions in people with mental disorder
- taking a population approach to smoking cessation for people with mental disorder

12.50 Question and answers, followed by lunch at 13.00

14.00 Addressing the burning issues: Communicating smoke free restrictions to smokers with mental health problems

Di Hurley
*Head Occupational Therapist
Harrow Mental Health Service
Central and North West London NHS Foundation Trust*

- implementing smoke free grounds on acute psychiatric Unit in Harrow
- difficult conversations – how we prepared ourselves and our patients to go smoke free: what helped and what hindered
- our experience with e-cigarettes
- our film – using service user's perspectives to change hearts and minds

14.30 Extended session: Developing a smoke free organization Create and enable working environments which encourage smokers to quit

Speaker to be announced

- developing a smoke free organisation sharing our challenges and successes, with a particular focus on specialist services
- our policy with regard to e-cigarettes
- supporting and helping people to stop smoking, and managing the fear of being in a no smoking organisation

15.10 Question and answers, followed by tea & coffee at 15.25

15.50 Smoking cessation in severe mental ill health: what works?

Dr Emily Peckham
*Research Fellow
University of York*

- how we assessed the effectiveness and cost-effectiveness of smoking cessation and reduction strategies in adults with severe mental ill health
- what has the evidence shown us?
- conclusions and moving forward

16.20 The role of e-cigarettes

Wendy Preston
*Head of Nursing Practice
Royal College of Nursing*

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

16.50 Question and answers, chairman's closing remarks followed by Close at 17.00

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The PDF will be emailed out after the conference, please fill in the 'Your Details' section above, ensuring your email address is clear and the 'Payment' section..

For more information contact Healthcare Conferences UK on **01932 429933** or email jayne@hc-uk.org.uk

Venue

De Vere West One Conference Centre, 9-10 Portland Place, London, W1B 1PR A map of the venue will be sent with confirmation of your booking.

Date Monday 29 January 2018

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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