

## Stop Smoking Support for Hospital Patients

### Overview

The Ottawa Model for Smoking Cessation sets out a strategy for providing smoking cessation treatment to all smokers admitted to secondary care settings. It has been implemented across 120 hospitals in Canada and has been proven to improve long term quit rates by 11%.

Under the model all patients admitted to hospital are asked if they smoke. Smokers are then given brief advice about quitting, provided with personalised smoking cessation support and given nicotine replacement therapy and other stop smoking medication. They continue to be provided with support at follow up appointments following their discharge from hospital.

### Health Impact

Smoking is the biggest cause of avoidable early death in Wales and places a huge burden on the country's NHS with the latest figures by Public Health Wales showing that in 2018/19 around 28,000 admissions in people aged 35 or over were caused by smoking. <sup>1</sup> Meanwhile in total around 52,000 smokers in Wales are admitted to hospital every year.

Currently 18% <sup>2</sup> of the adult population smokes with rates highest in the most deprived areas of Wales at 26% compared to 11% in the least deprived.

The need to tackle smoking prevalence in Wales is now greater than ever with smoking now banned in the grounds of schools and hospitals and in children's playground under the Public Health (Wales) Act. Meanwhile new research from UCLA in Los Angeles <sup>3</sup> has shown that smokers are three times more likely to become infected with Covid-19, due to the damage smoking causes to lung tissue defences.

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<sup>1</sup> <https://publichealthwales.shinyapps.io/smokinginwales/>

<sup>2</sup> <https://gov.wales/adult-lifestyle-national-survey-wales-april-2019-march-2020>

<sup>3</sup> <https://newsroom.ucla.edu/releases/how-smoking-worsens-covid-infection>

There is currently no country-wide strategy for delivery smoking cessation treatment to smokers admitted to hospitals in Wales and opportunities are being missed every day, to offer patients quit smoking medication and support at their bedside.

A report published by Public Health Wales estimated that if the Ottawa Model for Smoking Cessation was applied to secondary care hospital settings in Wales, it would result in a £14,118,975 saving for the NHS in Wales and the lives of 4,463 smokers would be saved after just one year of implementing the scheme. Meanwhile 8,775 readmissions would be prevented at one year.

## Case Study

### **The CURE Project – Greater Manchester**

The CURE Project was launched in October 2018 as part of Greater Manchester Health and Social Care Partnership's Making Smoking History programme which aims to reduce smoking rates by a third to 13% by end of 2021 and to 5% by 2027.

Based on the Ottawa Model for Smoking Cessation, it is a secondary care treatment programme for tobacco addiction. Under the scheme all smokers admitted to secondary care are identified and immediately offered NRT and other medication for duration of admission and after discharge.

By applying Ottawa Model outcomes to the estimated 57,780 smokers admitted to acute hospitals in Greater Manchester over the course of a year the following benefits are expected:

- £9,937,184 in total estimated savings from prevention of hospital readmissions
- 84 additional hospital beds made available per day across Greater Manchester
- 18,473 successful four-week quitters in the first year.

## An expert's view

Professor Keir Lewis is Professor of Respiratory Medicine at Swansea University. He said: "I cannot support the implementation of such a model enough and as soon as possible.

With such great evidence, infrastructure opportunity and now the benefits of reducing risk from COVID- the time to do it is now."

I know some of the Ottawa team and have seen the fantastic benefits of a similar model from colleagues in Manchester.

Our integrated Health Board set-up between Primary Care and Hospitals in Wales, lends itself very well to such a joined-up approach to identifying and then treating smokers. We are actually far better placed to do this than other home nations.”