

<b>Report to:</b>	<b>LEVELLING-UP SCRUTINY COMMITTEE</b>
<b>Relevant Officer:</b>	Liz Petch, Consultant in Public Health and Kerry Burrow, Public Health Practitioner
<b>Date of meeting:</b>	4 October 2023

**BLACKPOOL TOBACCO ADDICTION SERVICE**

**1.0 Purpose of the report**

1.1 This report outlines the second year of progress made by the Blackpool NHS Tobacco Addiction Service - Community

**2.0 Recommendation(s)**

2.1 To consider the performance of the Blackpool Tobacco Addiction Service and review its efficacy

**3.0 Reason for recommendation(s)**

- 3.1 Update requested by Levelling Up Scrutiny Committee Yes
- 3.2 Is the recommendation contrary to a plan or strategy approved by the Council? No
- 3.3 Is the recommendation in accordance with the Council’s approved budget? Yes

**4.0 Other alternative options to be considered**

4.1 N/A

**5.0 Council priority**

5.1 The relevant Council priority is:

- ‘Communities: Creating stronger communities and increasing resilience’

**6.0 Background and key information**

- 6.1 The Blackpool Tobacco Addiction Service is a local authority commissioned stop smoking service, provided by Blackpool Teaching Hospitals NHS Foundation Trust.
- 6.2 Smoking is still by far the greatest cause of ill-health and premature death in Blackpool.

For many people smoking is a chronic and relapsing addiction. Our principle aim as a service is to contribute to reducing the inter-generational cycle of tobacco harm, especially in our most deprived communities, by offering accessible stop smoking services to those who need them.

- 6.3 The service offers a twelve-week program of support including nicotine replacement therapy to smokers wanting to stop smoking. Direct supply nicotine replacement therapy reduces barriers to stopping smoking and ensures where possible that clients attend regularly for appointments and carbon monoxide readings.
- 6.4 The service has continued to expand its venues and we now have eight locations for clients to attend across Blackpool. We offer early and late appointments and pilot sites outside traditional clinic venues.
- 6.5 The service continues to crucially work in partnership with the Trust's Inpatient Smokefree Service as part of the NHS Long Term Plan and other local authority commissioned community stop smoking services (i.e. Quit Squad), to centralise our social media engagement and maximize its benefit. Both community services and inpatient services sitting with BTH has been crucial in the success of both these services.
- 6.6 The service has developed more pathways to workplaces and to enable electronic referrals from a range of healthcare associated services and social care services.

## **6.7 Performance and Impact**

- 6.7.1 We achieved 366 quits in 2022 for our community stop smoking services, exceeding our yearly target of 325 four week quits and equating to a 12.6% increase above our target.
- 6.7.2 The above resulted in the targets being increased for 2023. In their evidence review NICE Guidance 92 it is advised that we target 5% of estimated adult smokers with a 35% 4 week quit rate. Due to targets being met for Blackpool 2023 the new target is now based on 6% of estimated adult smokers being offered support with a 35% quit rate totalling 456.
- 6.7.3 Carbon monoxide (CO) verified quits have also increased and in 2022 we achieved an average CO validation rate of 71.2% compared to a national average of 15%
- 6.7.4 The service received 1,420 referrals in year, an increase of 60% from 2021 (569 referrals). Some of this may be explained by the establishment of the Inpatient Stop Smoking Services at the Acute Trust

- 6.7.5 Of the successful 366 people who achieved 4 week quits 116 were male and 183 were female with the highest number of quits being in the 45+ age bracket. For socioeconomic classification, retired and routine and manual occupations had the highest 4 week quits.
- 6.7.6 The NHS Targeted Lung Health Check (pilot lung cancer screening programme) generated 259 referrals: of those, 103 quit dates were set and 57 quit smoking (45 CO validated and 12 self-reported). Six were lost to follow up (LTFU) and 40 did not quit. The quit rate from this was therefore 55% which is a very successful programme intervention as those recruited were generally well and used it as an opportunity to address lifestyle issues.
- 6.7.7 Additionally, there were 173 Acute Trust outpatient referrals; 45 people set a quit date and 22 quit smoking (17 were CO validated, 5 self-reported), 8 lost to follow up and 15 relapsed – this quit rate was 48%.
- 6.7.8 In 2022 our Lost to Follow Up rate on four week quit dates set was 10.31 %
- 6.7.9 Overall, in 2022 we had 656 quit dates set for Blackpool Acute Trust Community Services. At 12 weeks post quit date 253 of the 366 successful four-week quits were still smokefree. 109 were CO validated and 144 were self-reported. Of the 656 Quit dates set 279 were not quit at 12 weeks and 124 were lost to follow up.
- 7.0 During 2022 we had 1,423 referrals, comparable to the 1,435 referrals received since 1st January 2023 to date. From 1st January 2023 to 30th June 2023 where our data is complete, we have had a total of 480 quit dates set and of these, 222 have successfully quit at four-weeks equating to a quit rate of 46%. Of those setting a quit date, 78% of them were CO validated at four-weeks.

## **7.1 Quality Improvement**

- 7.1.1 In 2022, the NHS Trust launched its Inpatient Smokefree Service as part of the NHS Long Term Plan in its ambition to support the treatment of tobacco dependency. The Blackpool Tobacco Addiction Service has worked cooperatively with the inpatient service to generate pathways and operating procedures to ensure seamless smoking cessation support between the hospital (acute) and the community pathways.
- 7.1.2 The service, in cooperation with the wider Tobacco Dependency Treatment Service across the Fylde Coast continue to invest in staff training. Standardisation of training for all Specialist Stop Smoking Practitioners across acute and community-based services has

now been formalised and nationally recognised as a model of best practice in integrated partnership working.

## **7.2 Tackling Health Inequalities**

- 7.2.1 We continue to have close links with community rehabilitation services supporting service users who are recovering from chronic respiratory exacerbations or who suffer from coronary heart disease to recruit smokers into service and provide educational awareness of the health benefits of quitting smoking as part of a service user's rehabilitation programme.
- 7.2.2 Additionally, through the development of referral pathways in service across our Primary Care Networks, we work in partnership with GP practices across Blackpool to identify smokers living with chronic heart disease, chronic obstructive pulmonary disease, and other respiratory diseases, including asthma, and offer enhanced stop smoking support to these groups.
- 7.2.3 We continue to take steps to actively recruit smokers with mental health conditions for stop smoking support. We prioritise smokers with mental wellbeing issues and have developed closer links with community mental health teams such as Healthier Minds, NHS Talking Therapies, and the harm reduction community in order to improve access to our service.
- 7.2.4 We continue with our close links with Renaissance and Horizon in Blackpool and have designed interventions to support our LGBTQ community where smoking rates are thought to be up to 50% higher than the general population.
- 7.2.5 The service has spent time sourcing new venues to extend our reach across Blackpool and make the service more accessible to populations who are reliant on public transport. We have increased our clinic time in children's centres and opened a new clinic in central Blackpool and are working with other agencies to develop safe and consistent venues.

7.3 Does the information submitted include any exempt information? No

## **8.0 List of appendices**

- 8.1 Appendix 8a - BTAS Case Studies 1  
Appendix 8b - BTAS Case Studies 2  
Appendix 8c - Tobacco Dependency Treatment Services: BTAS Performance Report 1

January 2022 to 31 December 2022

**9.0 Financial considerations**

9.1 None

**10.0 Legal considerations**

10.1 None

**11.0 Risk management considerations**

11.1 None

**12.0 Equalities considerations and the impact of this decision for our children and young people**

12.1 None

**13.0 Sustainability, climate change and environmental considerations**

13.1 None

**14.0 Internal/external consultation undertaken**

14.1 None

**15.0 Background papers**

15.1 Tobacco Dependency Treatment Services: BTAS Performance Report 1 January 2022 to 31 December 2022