

# Smoking Cessation Audit in Sliabh Mis Acute Mental Health Unit

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## Background

People with a mental illness tend to smoke more heavily and be more dependent on nicotine than the general population. Smokers need higher doses of some psychotropic medication compared to non-smokers. Smoking cessation results in improvement in cardiovascular, respiratory and mental health which leads to increased life expectancy of the patients as well as having a significant positive financial impact on the health services.<sup>1</sup>

## Aims

- To assess the documentation of the smoking status of the patients who are smokers in the psychiatric acute units.
- To assess if smoking cessation methods (counselling and NRT/pharmacotherapy) were offered and documented.
- To assess if our acute unit is in keeping with HSE guidance ; Smoking cessation and mental Health -A briefing for front-line staff document

## Methodology

The names of the inpatients who smoked were obtained from nurse manager .Medical notes, nursing notes, Individual Care Plans( ICP) and medication charts of the inpatient audited were reviewed from the date of admission till the date of their first MDT/ICP meeting for documentation of the following :

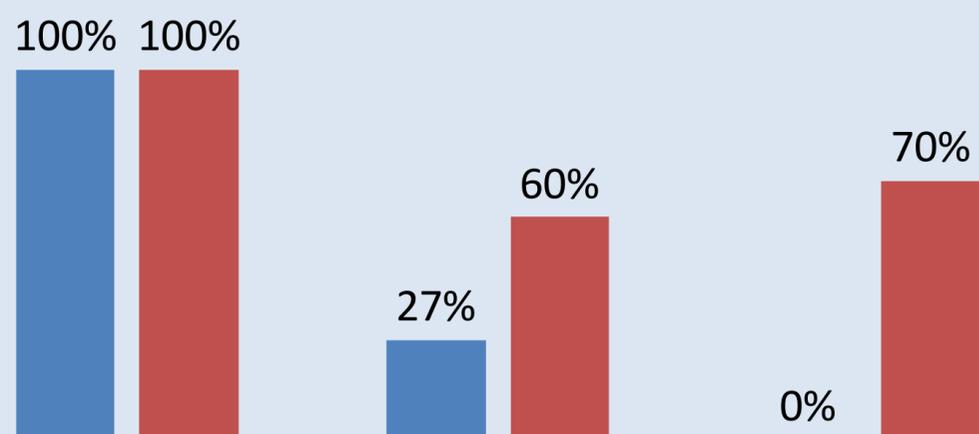
- Patients smoking status.
- If smoking cessation counseling was offered to inpatients that smoked.
- If NRT /pharmacotherapy was offered. This was carried out using audit tool.

First cycle was carried out in January 2020 and 11 files were included. Results were presented to staff and awareness of Smoking Cessation was implemented among staff in February 2020. The audit was completed in June 2020 by auditing 10 inpatient files.

## Results

Chart comparing documentation compliance results prior and post intervention.

■ Prior to intervention ■ Post intervention



Documentation of patient's smoking status

Documentation of offer of smoking cessation counseling

Documentation of offer of NRT/Pharmacotherapy

## Conclusion

Following intervention of smoking cessation awareness among staff there was a significant improvement in offering smoking cessation counselling and NRT/Pharmacotherapy to inpatients who smoked. It was recommended to modify standardized admission assessment form and add an offer for NRT in smoker as part a mandatory questionnaire during the assessment. To re-audit in 6 months.

## References

1. Smoking cessation and mental Health -A briefing for front-line staff document (2016).