

## Smokefree Pregnancy Information Network

### Resources update

The Smoking in Pregnancy Challenge Group is a coalition of baby and health charities working to increase the rate of smokefree births and support the Government's ambition to reduce rates of smoking among pregnant women to less than 6% by 2022.

As part of this work we have established the Smokefree Pregnancy Information Network which provides those working in Trusts, CCGs, LMSs and local authorities with timely information, opportunities to share practice and to ask questions of the wider network in relation to smoking in pregnancy.

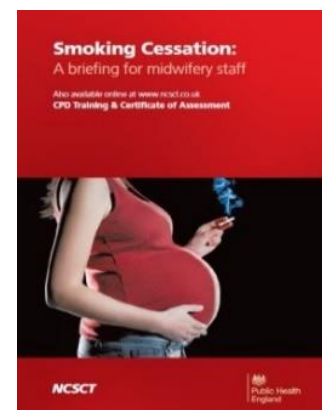
This update aims to provide an overview of the resources available to support maternity teams and others in their work to support more women to have smokefree pregnancies. For more information or to access hard copies of these resources please email [admin@smokefreeaction.org.uk](mailto:admin@smokefreeaction.org.uk)

### National Guidance

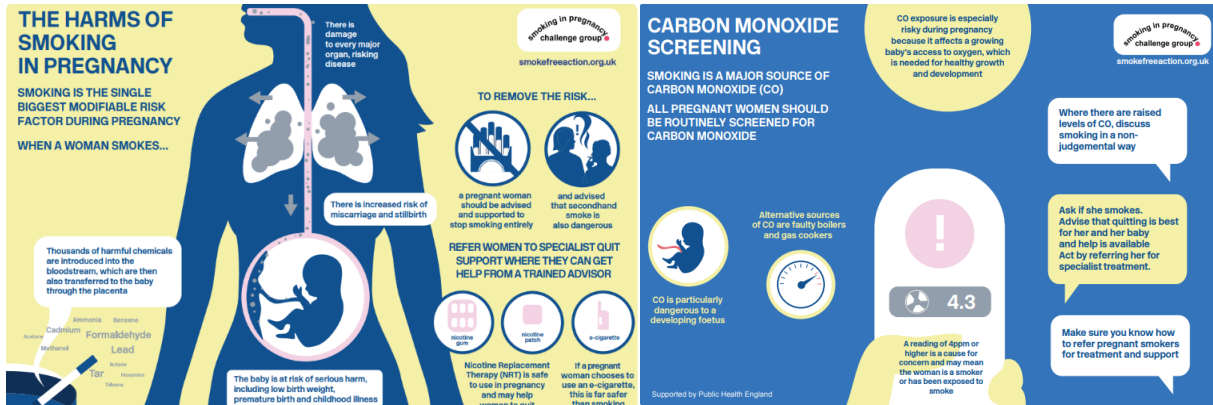
- NICE guidance [PH48 'Smoking: acute, maternity and mental health services'](#) and [PH26 'Smoking: stopping in pregnancy and after childbirth'](#) – these provide the evidence-based model for smoking cessation support within maternity settings.
- [The Saving Babies Lives Care Bundle Version 2](#) – 'Element 1: Reducing smoking in pregnancy' recommends carbon monoxide (CO) testing of all pregnant women at antenatal booking appointment; CO testing at 36 weeks; referral to a stop smoking service/specialist based on an opt out system; and training on CO monitor use and Very Brief Advice (VBA) for all relevant maternity staff.
- The [Smoking in Pregnancy Challenge Group](#) have produced a series of reports looking at the national policy context and opportunities to further drive down rates of smoking. The most recent update is here: <http://ash.org.uk/download/2018-challenge-group-report-final/>

### Training support

- [The National Centre for Smoking Cessation and Training \(NCSCT\)](#) has a range of **online briefings and training**. They also provide face to face training and support:
  - [Smoking cessation: a briefing for midwifery staff](#)
  - [Very Brief Advice on smoking for pregnant women online training](#)
  - [Secondhand smoke: promoting smokefree homes and cars online training](#)
- The same online training is also provided through **e-Learning for Healthcare**: [Smoking in pregnancy e-learning on the delivery of very brief advice \(VBA\)](#) and by the [Royal College of Midwives](#).
- [Action on Smoking and Health](#) on behalf of The Smoking in Pregnancy Challenge Group undertook a review of training needs among midwives and obstetricians in 2017. Work is ongoing to support delivery of its recommendations: [Smokefree Skills: An assessment of maternity workforce training](#).



- Materials have been produced as simple **aids to local training**:
  - Infographics – [Having a smokefree home](#), [Carbon monoxide screening](#), [The harms of smoking in pregnancy](#);
  - Animation – [how to help pregnant women quit smoking](#)
  - Two-page guide on implementing training locally: [training guide](#)



## Aids to practice

### Challenge Group resources:

- Resources to support the **delivery of CO testing**:
  - [Guidance on CO screening for health professionals](#)
  - [‘Test your breath’](#) card explaining CO test to pregnant women (this is available to download in a number of other languages)
- Resources to inform professionals and women about the role of **e-cigarettes in pregnancy**:
  - [Guidance on the use of nicotine and e-cigarettes in pregnancy for health professionals](#)
  - [Infographic that can be provided to women](#)
- [Key messages](#) on smoking in pregnancy to support you locally.

### Additional resources:

- Public Health England has produced an **information pack for pregnant women** with hard hitting materials alongside advice and guidance. It is designed to be used one on one with women not for general dissemination. This is available [here](#). (**Password: stopsmoking**)

### Test your breath

**Why Carbon Monoxide screening matters**  
Carbon Monoxide (CO) is a poisonous gas which you can't see or smell but which is dangerous for you and your baby. Exposure can prevent oxygen reaching your baby, slow its growth and development, and can result in miscarriage, stillbirth and babies who are ill.

Exposure can be measured through a quick and simple breath test provided by your midwife during a routine antenatal appointment. Feel free to ask your midwife about Carbon Monoxide screening. The test will give you a number which measures the amount of Carbon Monoxide in your bloodstream (PPM).

<b>0-3</b> Your current level of exposure to Carbon Monoxide is low.	<b>0-3 PPM</b> shows little exposure to Carbon Monoxide in the last 24-48 hours.
<b>4+</b> You have had some recent exposure to Carbon Monoxide.	<b>4+ PPM</b> suggests you have had more exposure to Carbon Monoxide and this is of concern.

**Exposure**  
Exposure to Carbon Monoxide is usually from one of three ways:

- Cigarette smoke
- Faulty or poorly ventilated cooking or heating appliances (this includes gas, coal, wood and petrol appliances)
- Faulty car exhausts

**Use of electronic cigarettes in pregnancy**  
A guide for midwives and other healthcare professionals

The image shows a pregnant woman in profile, holding her belly. To her left is a pack of electronic cigarettes and a syringe. The text 'Use of electronic cigarettes in pregnancy' is written in pink and purple. Below it, in smaller text, is 'A guide for midwives and other healthcare professionals'. The 'Smoking in pregnancy challenge group' logo is in the top left corner.

## Staying informed

- **Smokefree Pregnancy Information Network:** Colleagues can sign up for regular updates by subscribing [here](#). As part of the Network all Local Maternity Systems should have received a tailored briefing with local data. Email us if you would like to see a copy of your local briefing. Going forwards the Network will seek to ensure that all those leading on prevention within LMSs around the country:
  - Have access to timely information about relevant national activity;
  - Are able to share good practice, template materials etc.;
  - Can share challenges and pose questions of the wider network;
  - Can provide feedback to inform the development of national work.
- **Smoking in Pregnancy Challenge Group 2019 webinar series:**
  1. **Local maternity systems opportunities and case studies, Wednesday 27<sup>th</sup> February** – case studies from three LMS's to provide an overview of key actions LMS's can take to embed treatment for smoking in pregnancy in maternity services, and highlight examples of local partnerships which can support the development of joined-up, local strategies. A recording of the webinar is available [here](#).
  2. **Nicotine in pregnancy 10:00 – 11:30 on Friday 8<sup>th</sup> March** –provide evidence concerning the safety and effectiveness of the use of nicotine in pregnancy. A recording of the webinar is available [here](#).  
Speakers:
    - Professor Linda Bauld, *University of Edinburgh*
    - Professor Peter Hajek, *Queen Mary University of London*
  3. **Incentive schemes 14:00 – 15:15 on Thursday 28<sup>th</sup> March** – find out more about the evidence base for the use of incentive schemes in pregnancy and the context for successful schemes. A recording of the webinar is available [here](#).  
Speakers:
    - Professor David Tappin, *University of Glasgow*
    - Fran Frankland *Co-creator and project manager for the Supporting a Smokefree Pregnancy Incentive Scheme*
  4. **Health visitors and relapse prevention 13:00 – 14:15 on Thursday 25<sup>th</sup> April** – explore the role of health visiting in supporting women following birth and protecting future pregnancies through relapse prevention. To join the webinar please [register online here](#):  
<https://attendee.gotowebinar.com/register/719932023976509186>

Access previous webinar on e-cigarettes and pregnancy here:

<https://youtu.be/UnOk9UQJjwc>

- **Smoking in Pregnancy Challenge Group Autumn 2019 regional strategy events:**

There will be four regional strategy events (North, Midlands, London and the South West) in Autumn this year. These will include Trusts, LMS, local government and other relevant professionals with a focus on joining up local strategic approaches to reduce rates of smoking in pregnancy before, during and following pregnancy. More information and a full agenda will be circulated shortly.