

A Collaborative Journey to Smoke Free Pregnancies and Beyond

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Defining Your Aims

- Decrease the proportion of smoke free pregnancies from 12.8% to 6% by Dec 2022
- Offer smoking cessation support to every neonatal/postnatal family as well as enhanced discharge advice to those who continue to smoke.

Where we were....

Smoking Rates:

- At Booking 12.8%
- At Delivery 10%

Additionally:

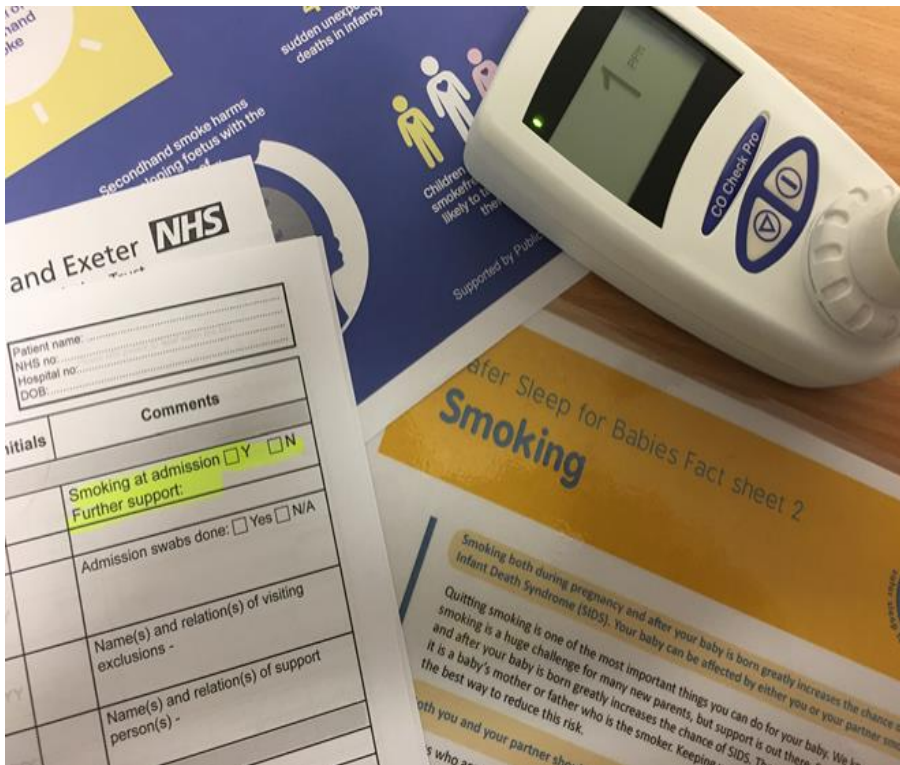
- Minimal Referral Pathways
- No Discussions with External Providers
- No Brief Intervention Training
- No Clear Process for Inpatient Services
- No postnatal/neonatal pathway
- No Collaboration

CO Monitoring

- Used as a tool for opening up a conversation
- Staff and families surveyed
- Admission to triage with RFMs
- Birth
- Families on NNU

October 2018 to September 2019

- 650 admissions to NNU and transitional care
- 108 smoking mothers (16.75%) potentially being discharged with vulnerable infants into smoking household.



- Maternal antenatal smoking status or partner smoking status not routinely documented on admission to nnu.
- All families now asked about smoking and offer of referral to smoke stop service.

- Co testing offered to all staff, parents and relatives
- Weekly tea and CO test



Welcome to Exeter Neonatal Unit


Royal Devon and Exeter
NHS Foundation Trust

Please read all of the information below

Keeping me well

I know you will be longing to meet me but even a tiny cold can make me really poorly so please don't visit if you are ill yourself.

My immune system is still developing and I can easily catch bugs which are nothing to you, but really not nice for me....

Please wash your hands and take your outdoor coat off when you arrive, it's amazing how many bugs are on them. There are coat pegs right here!

Children carry more bugs than anyone else and so unless they are my brothers and sisters I need to wait until I am at home to meet them.

I can smell very well!

Smells can be a bit tricky for my supersensitive little nose. You may love your perfume but it may be too strong for me and overwhelm my little nose.

I don't feel so happy then, because I can't smell my parents (I love their scent it keeps me feeling safe).

Next time you visit please come perfume free.

I also really don't like smoky breath.

Did you know that babies with families who smoke have a much higher risk of cot death? Even if you think you can reassure yourself that you have only smoked outside, it still may interfere with my breathing.

It's important to remember, that after a cigarette the smoke will still be on your clothes, hands and in your hair, and there is not enough current research for us to understand exactly how harmful this may be to me.

So to be safe, please don't take the risk.

Please try not to smoke in the same clothes that you visit me in.

Carbon Monoxide is poisonous gas from cigarettes, faulty car exhausts and poorly ventilated cooking or heating appliances.

TEST YOUR BREATH try out our CO monitor by following the instructions – it may save your life!

Support to give up smoking:

There's also support available from your local stop smoking service. Did you know that you're up to 4 times more likely to quit successfully with their expert help and advice?

Please see the contacts which will direct you to the correct stop smoking service for your home address.

I can hear you!

My hearing was well developed very early in mummy's tummy. I love my parents familiar voices and I can pick them out in a crowd.

I am very sensitive to loud noises, they really stress me. Gentle low to medium pitches are lovely for me to hear. So please speak quietly when you visit me.



- Advice for all friends & relatives on protecting babies when visiting NNU.
- Enhanced discharge package for families who continue to smoke.

Greatest Success



- Removal of smoking bike shed from under NNU
- Trust sign up to Centre of Women's health being a truly smoke free site.

Where are we now?

- SATOD data improving
- Over 200 staff trained in BIT
- Increased numbers of women referred for smoking cessation support
- NRT inpatient services
- External provider for Stop Smoking Service
- Public health midwives collaborating as part of South West work

Where are we now?

- 19 Neonatal visitor referrals since March
- All NNU staff trained in BIT
- Robust admission procedure in NNU
- Discharge information targeted
- Pilot for true trust free site based on feedback from staff and members of public through Stoptober event

Spread

- 36/40 re-enforced as per SBL V 2
- 'TRUE' smoke free to commence
- Vaping statement from RD&E respiratory physicians
- Roll out to postnatal area
- NNU – testing CO of all smoking parents throughout neonatal journey
- Engage HV's as part of the MNSIP