

# Royal Edinburgh Hospital: Short Case Studies

Submitted by Sue Kheda

Royal Edinburgh has restricted smoking on the hospital ground, smoking is only permitted in the smoking shelter and in the building patients currently has access to smokersrooms on the ward. There is no smoking facilities for staff in the buildings

The Royal Edinburgh hospital is a 420 bedded hospital that provide mental health treatment to adult and young people in Lothian. The hospital was given encouragement, guidance and financial support through PATH/ ASH Scotland initially to develop smoking cessation service. There is one dedicated stop smoking co-ordinator who has recently completed the smoking cessation modules offered by Glasgow Caledonian University. The stop smoking service offer Path/ ASH mental health training which is available to all staffs involved in providing care to patients in the hospital. The stop smoking service uses a holistic approach focusing on withdrawal orientated therapy offering nicotine replacement therapy and motivational interviewing, stress& anxiety management, exercise and weight management.

The service has been in operation since may 2006 and during that the experiences a number of challenges which change very little through the years. Staffs views and attitudes are stopping smoking is not possible while receiving treatment for mental health problems. There continues to be a strong belief that smoking is acceptable and normal for those with mental illness and a reluctance to change the culture. Smoke-rooms facilities present a huge challenge for patients who try to stop smoking.

## Case Study One (Inpatient) narrated by patient who has been receiving ongoing support for 18 months now

Before coming into hospital I had stopped smoking for a couple of years but boredom and anxiety of being in hospital made me start again. I went back to smoking about 10 cigarettes a day.

After about 6 months of smoking again my anxiety was getting worse, I think due to smoking so I decided to try and stop smoking again. Other motivations included listening to people with bad smoker's coughs and thinking how smoking was damaging my health and the money I was saving. When I talked to the Staff Nurse about quitting there were quite sceptical saying they thought it was a bad idea but they still referred me to the Smoking Cessation Nurse.

It took about a week after referral to get an appointment with the nurse. We talked in detail about different NRT and set a date for stopping.

It took many attempts, but I eventually stopped smoking again. I decided to use nicotine gum which I had used before to help me stay stopped. The gum combined with the regular meeting with the Smoking Cessation Nurse was pivotal in me stopping smoking. The S C Nurse was experienced in working with people with mental health problems which meant she could give tailored advice. I stay motivated over time by the money I was saving and the improvement to my physical and mental health.

## **Case Study Two narrated by patient receiving ongoing support as outpatient**

I have given up smoking for 28 days now, I feel happier and more confident than I have ever felt. The support of Sue Kheda at the Smoking Cessation Clinic has been monumental in helping me to stop.

People have said that you are four times more likely to succeed with Smoking Cessation. I didn't think it could be true about now I have stopped for longer than ever before.

It is paramount that people should have the confidence to realise that smoking cessation can actually work. This service is provided for us by the Government and it is something that can help save lives and prevent people from getting smoking related illnesses and diseases.

I now have the evidence right in front of me that smoking cessation can work, working with my Smoking Cessation Co-ordinator has given me confidence and belief that this sort of therapy can and does work.

I would actively encourage anybody who finds it difficult to quit smoking to meet with Sue at the Smoking Cessation Clinic, her knowledge and background in the Health Care have allowed her the tools to be able to support people who wish to stop smoking.

## **Case Study Three (Outpatient) wishes to stop smoking with help from stop smoking service**

I started smoking when I was 16 years old. I am now 60! However, I did give up when I was 30, going cold turkey. I found it hard but my incentive at the time was to have a healthy baby.

I stopped for a total of 23 years but started again after my parents died.

For the last 7 years I have smoked less than 10 per day but really want to give up.

In the last years I have tried NRT patches to no avail.

I also have an alcohol problem, but have been sober for the last 18 months, however I do find giving up cigarettes difficult.

My key worker at the Alcohol Problem Clinic referred me to 1 – 1 counselling with a smoking counsellor and I have been going for the last 12 months.

I haven't managed to stop yet but I have reduced the number of cigarettes to 3 -5 per day. When I started the counselling, I was expecting a rigid 12 week programme where if I didn't stop nobody could help me. I therefore appreciate the motivational interviewing model which I am now attending.

I know cigarettes are expensive, smelly and very harmful to my health, I am unable to stop.

Deep down I do want to stop but at the same time I do not want to drink again. I think the fear of that is stopping me quitting altogether.

However I hope that I will quit soon.