

North East and North Cumbria ICS Smoking Cessation for People with a Severe Mental Illness (SMI) Pilot

Briefing

Background

Smoking remains the leading cause of premature mortality in England. Smoking rates in people with Severe Mental Illness (SMI) is significantly higher compared to the general population (40.5% compared with 12.1%)¹ with rates as high as 70% in people with schizophrenia and bipolar disorder. There is also higher occurrence of smoking related harm among people with an SMI. Smoking is a key modifiable risk factor that contributes towards excess mortality in people with SMI with estimates of 50% of deaths in people with SMI are attributable to smoking.

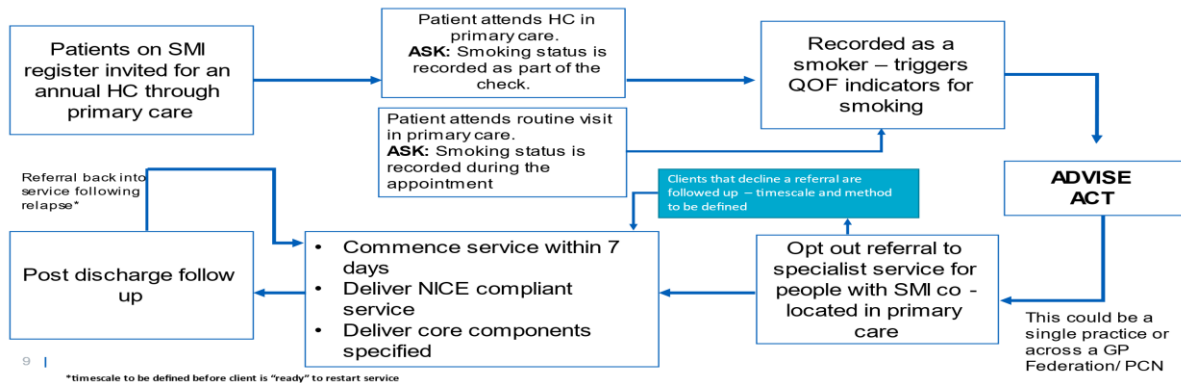
In line with the [NHS Long Term Plan](#) (LTP), the North East and North Cumbria (NENC) ICS region and has been leading on roll out and implementation of the inpatient tobacco dependency service, the Smokefree Pregnancy Pathway and the NHS staff tobacco dependency offer with sites expected to be fully established in 2023/24.

In addition the national NHSE/I team have started progressing the NHS LTP commitment focused on delivering a community-based tobacco dependency offer for people with an SMI. A number of ICS have been approached to trial 3 delivery models as Early Implementer Sites (EIS) and these models are evidence-based and were developed following the [SCIMITAR+ trial](#) on "*Smoking cessation for people with severe mental illness (SCIMITAR+)*".

The NENC ICS is 'stress testing' the Primary Care delivery model linked to Physical Health Checks for adults on SMI registers. In the primary care model in addition to the systematic screening of smoking status being prioritised as part of the Physical Health Checks for people on the primary care SMI register, there will be an opt out referral to an enhanced package of specialist tobacco dependence behavioural support (including pharmacotherapy). This enhanced support will be flexible and tailored to meet the needs of smokers identified from SMI registers to ensure a sustained quit attempt. It will build upon existing infrastructure and resource already in place with pilot delivery sites. This is illustrated in the flow chart below:



EIS Model 2: Primary Care Model linked to the Physical Health Check



North East and North Cumbria Approach

As part of the ICS Population Health and Prevention Board’s ambition to making smoking obsolete the Smokefree NHS/Treating Tobacco Dependency Taskforce developed a subgroup focused on the EIS SMI approach. Directors of Public Health and PCN Directors in the 13 localities were invited to collaborate and submit proposals to deliver as part of the NENC ICS SMI Early Implementer Site. Through a transparent assessment process 4 pilot sites were selected

- Northumberland
- South Tyneside
- Middlesbrough
- Durham (Chester – le – Street)

Current State

We are currently working collaboratively with the relevant PCNs and Local Authorities to finalise their Service Level Agreements with the aim of mobilisation of the service from July for delivery in the remainder of 2022-23. We are also liaising regularly and closely with national and regional NHSE/I colleagues on a wide range of complementary aspects such as data, evaluation and training, prior to national roll out from 2023 onwards.

We intend to report regularly on progress to North-East and North Cumbria colleagues throughout the implementation phase.

However, in the meantime please submit any enquiries to Guy Nokes, SMI EIS Project Manager, Population Health and Prevention, via guy.nokes@nhs.net

