



Smoke Free Prisons Pathway: a service specification supporting people in our care

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To cover

- Development process
- Outputs agreed
- Impact
- Next steps





High smoking prevalence
smoking in prisons - a
major challenge to Scottish
Government aspirations to:

- Create a tobacco free Scotland by 2034
- Reduce health inequalities

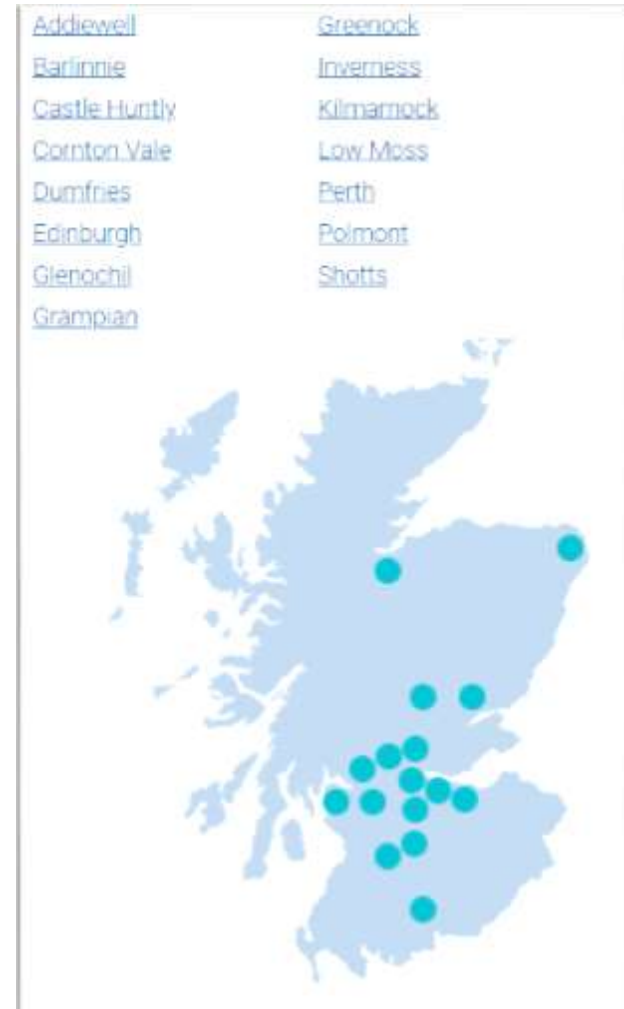




Image: with permission from the TIPs team



TOTAL CIGS BAN IN OUR JAILS BY 2018

Prison bosses reveal their target date for smoke-free clinks

» JOHN FERGUSON
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SMOKING will be banned in Scottish prisons next year in a move expected to spark fury among thousands of inmates.

Jail bosses yesterday revealed a complete prohibition is to be imposed in November 2018.

Convicts are currently allowed cigarettes in their cells and some outside spaces – but both will be banned after the cut-off date.

The move comes after a major review, led by the University of Glasgow, found staff and inmates were being exposed to second-hand smoke.

Scottish Prison Service chief executive Colin McConnell said: "It's not acceptable that those in our care and those who work in our

risk is to remove smoking from our prisons.

"It will be a significant challenge. The percentage of people who smoke in prisons is much higher than the community at large.

"I fully understand how difficult it will be for many in our care to give up smoking. We are committed to working alongside our partners in the NHS to provide every support possible to assist them."

Scotland introduced a ban on smoking in enclosed public places in 2006 but it did not apply to prisons.

McConnell added: "The

SPS will ask the Scottish Government to change the law to ban smoking completely in prisons."

In the run-up to the ban, convicts will be given help to quit and the SPS are considering introducing the sale of electronic

group Forest, warned: "Banning smoking in prisons risks inflaming a tense and sometimes violent environment.

Tobacco is an important currency in prison. The removal of one of the few privileges inmates are allowed could also fuel the use of illicit substances."

Ex-prisoner turned academic Alex Cavendish added: "The steep rise in prison violence is often attributed, in part, to rising levels of debt among users of Spice and Mamba. Adding high-cost contraband tobacco into the mix risks further destabilisation of our already dangerously out-of-control prison system."

» The SPS will ask the Scottish Government to change the law to ban smoking in prisons
COLIN McCONNELL



HEALTH PLAN McConnell



Aims

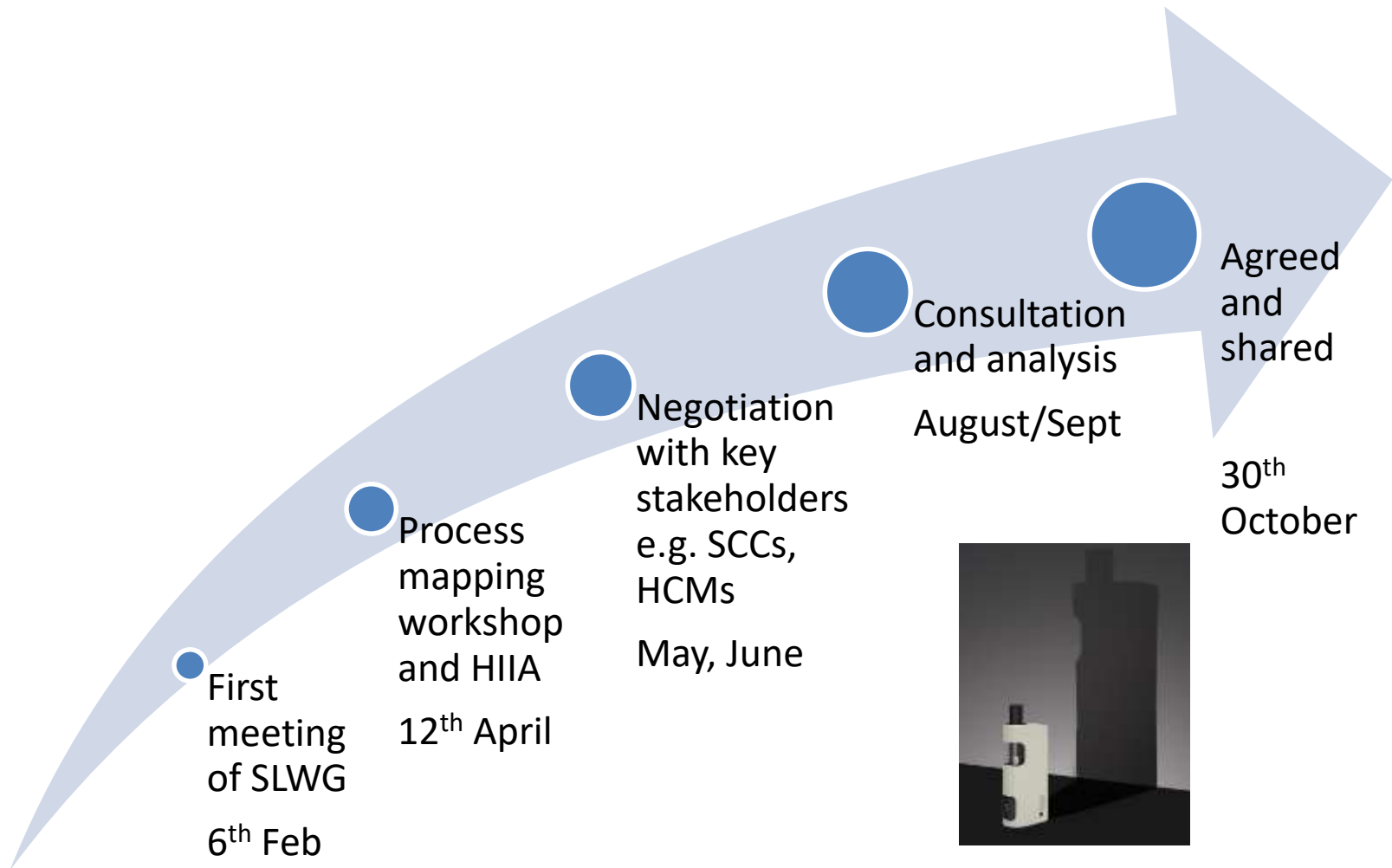
- A partnership between the NHS and SPS – **co designed and co delivered**
- Working towards **consistency** in delivery of support for individuals in our care, across the estate

Outcomes

1. **Increased number of individuals who become free from dependence upon tobacco/nicotine**
2. Reduced exposure to second hand smoke
3. **Reduction of harm to health by use of e-cigarettes**
4. Increased understanding of the risks of tobacco/nicotine use and knowledge of how to access support
5. **Empowered and engaged individuals in the design and delivery of services and support networks**
6. Improved throughcare and continuity of care between hospital, prison and community settings



Specification development process 2018





Five support options

1. Withdrawal from nicotine using NHS supplied products and face to face behavioural support
2. Withdrawal from nicotine using e-cigs (self-purchased), with NHS behavioural support
3. Nicotine withdrawal symptom management and gradual detoxification (for those with no funds)
4. Abrupt cessation (no demand for support)
5. Self-management of nicotine dependency using self-purchased items (i.e e-cigs)





Outputs developed in partnership



Smoke Free Prisons Symptom Management Plan: Nicotine withdrawal and gradual detoxification

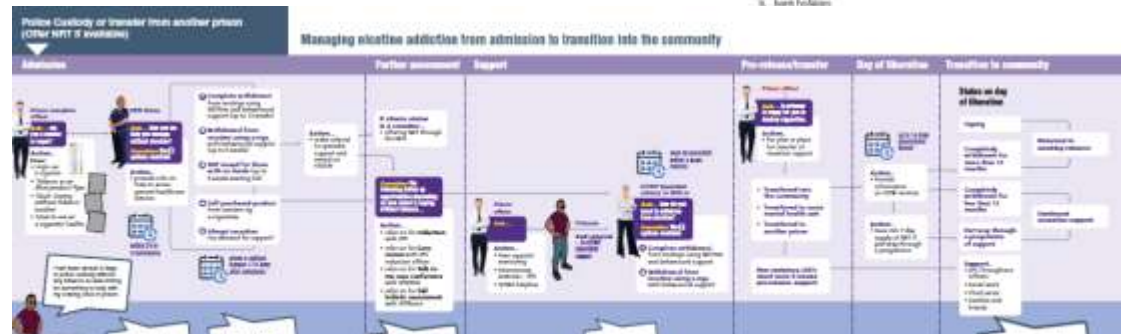
Standard Operating Procedure

Background

- This Standard Operating Procedure (SOP) defines the minimum requirements to support symptom management being offered in all prisons in Scotland from 30 November 2016, in support of the Scottish Prison Service (SPS) smoke free prisons policy.
- On admission, in reception, every individual coming into prison custody who identifies as a current smoker or vaper will have the option of accessing a single use nicotine patch for present support and available, upon a further application to this SOP.
- Develop a Nicotine withdrawal symptom-management and gradual detoxification - for those with no funds. The size of this population will be assessed by the establishment, the option may also be offered to those on a waiting list for Quit Your Way Prisons (QYW) specialist support.

Purpose

- The primary purpose of this plan is to help healthcare staff to provide an effective, evidence based treatment for nicotine dependent people who are either:
 - without funds to purchase their own products;
 - wanting to see a QYW specialist.
- Symptom management is important to help manage the negative effects of nicotine withdrawal whilst in a smoke free environment and encourage referral to QYW specialist services.
- Depending on waiting times for access to specialist QYW services will in any given prison, it may be necessary to put arrangements in place to provide access to nicotine replacement products, to manage symptoms of withdrawal while waiting for a referral appointment. This could apply at the following times:
 - weekends;
 - bank holidays.





Impact?

1. No major disturbances or unrest linked to tobacco since the implementation of the ban
2. Secondhand smoke levels significantly reduced before and after the ban - air quality improved in all prisons: 81% average reduction comparing 2016 to immediately post-ban. Results suggest “minimal smoking activity”
3. Referrals to stop smoking increased before the ban, and continue to seek support from QYW services
4. Relationship and partnership working between SPS and NHS strengthened, to be sustained through new Health improvement strategy planning group



Next steps - outstanding development areas

- Quitting vaping guidance (for professionals and individuals in our care)



'its more expensive for the vapes (than tobacco)'

- Data collection and reporting (local/national)
- Further development of programme of peer support distraction activities
- Development of a new SPS led health improvement strategy with NHS



Further information

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