

Relapse - Future Directions

- Ensure pre admission assessments
- Implement discharge processes
- Communicate with referrers

Maintenance - Keeping it going

- Healthy lifestyle groups
- Maintaining resources and distractions
- Motivation of staff and patients
- Monitoring NRT
- Reviewing clozapine levels

Action - "We're all in this together"

(October 1st, 2008)

- Distractions
- Celebration day sports, activities, prizes
- Senior management support
- Resources available
- Pharmacy support with NRT
- Medical review of clozapine
- Multi disciplinary team support

Pre-Contemplation - Rationale

(3 months)

- Smokefree Environments Amendment Act 2003 Mental Health exemption
- WDHB Smokefree Environments Policy delay until 2010
- Reduced risk of mortality and morbidity from tobacco related disease

Contemplation - Can we do it?

(3 months)

- Recruitment of smokefree co-ordinator
- Support from management
- Patient and staff experiences of smoking cessation treatment
- Clarifying definition in Smokefree Environments Policy
- Is the team ready?

Preparation - The Planning Process

(3 months)

- Staggered environmental changes, close courtyard, 1 hourly smoking, close smoking room
- Development of MDT Smokefree minuted working group including consumers
- MDT Drs', Pharmacists, Nurses, OT, PA's, Management, SW, Smokefree co-ordinator
- Internal and external training
- Patient education and health promotion events
- Senior management support
- Communication - Discussions at weekly community meetings
- Senior management attend community meeting
- Patient survey carried out
- Patient care plan developed
- Patients given option before going smokefree to try to reduce patients given responsibility
- Patients supported by staff to reduce

Outcomes

- Reduced need for medications
- Reduced negative risks of medication
- Increased response to treatment
- Reduced cost to service through reduced medication costs
- Improved mood
- No change in rates of incidents
- Empowerment of patients
- Improved physical health
- Reduced risk of mortality and morbidity from tobacco related disease
- Model developed to inform practice for other units and services

We Did It!

Lights Out: We're all in this together

*The innovation and
implementation of a smokefree
model in an Auckland Regional
Forensic Psychiatric Unit*

Stuart Dysart¹, Claire Thompson¹ & Kane Pettitt²

1. Mason Clinic - Regional Forensic Psychiatric Services
2. Pharmacy Services - Waitemata DHB



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