



Smoke Free Mental Health Project

The Smoke Free Mental Health Project aimed to reduce smoking on Mental Health Service sites across North Metropolitan Health Service (NMHS) to protect patients, staff and visitors from exposure to environmental tobacco smoke.

In August 2019, NMHS became totally smoke-free when Inpatient Adult Mental Health Services removed the smoke-free exemption for involuntary mental health inpatients. The project focused on supporting nicotine dependent mental health inpatients and staff.



Supporting people to be
Smoke Free

Actions taken

- A Project Steering Group, Working Group and subcommittees were established.
- The Smoke Free NMHS intranet hub was published.
- Clinical practice guidelines, policies and tools were developed.
- Professional development and Smoking Cessation Support training was provided to staff.
- Designated smoking areas were removed, cleaned, and smoke-free signage installed.
- Communications and engagement activities were conducted.

Onsite smoking reduced

60% ↓ **67% ↓**

Physical evidence* of **onsite smoking decreased** by 60% at Graylands Hospital and by 67% at Selby Lodge.

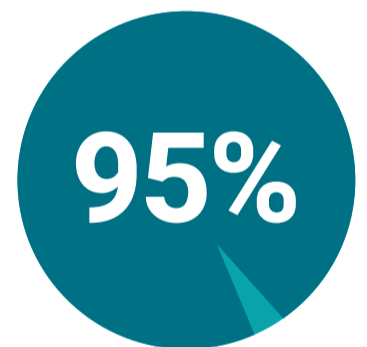
50% ↓ Exposure

50% staff reported their exposure to **environmental tobacco smoke** reduced since becoming totally smoke-free**

Staff awareness of Smoke Free WA Health System

83% Awareness

Awareness that staff are not permitted to assist patients to leave the premises to smoke increased to 83% (15%↑).



95% of staff were aware of the **Smoke Free NMHS intranet hub**.

Clinical staff knowledge, skills and confidence to manage nicotine dependence among patients increased

460
clinical staff



460 clinical staff attended Smoking Cessation Support training, including almost **70% clinical staff** at Graylands Hospital.

Access to smoking cessation support such as Nicotine Replacement Therapy (NRT) increased

69% ↑

Access NRT amongst patients[^]

31 staff

Access NRT compared to two staff pre-intervention

60%

Awareness of free NRT through work (13%↑)**

Smoking Cessation Support training was effective in increasing staff:

- intention to encourage patients cut down or quit smoking **76%**
- knowledge to manage nicotine addiction among patients **73%**
- confidence to manage smoking onsite **56%**

Further information:

NMHSHealthPromotion@health.wa.gov.au

Footnotes:

*Cigarette butt counts (pre-intervention: Dec 2018; post-intervention: Sep 2019)

**Online survey of Mental Health staff in NMHS (pre-intervention: n=295, Dec 2018; post-intervention: n=179, Dec 2019)

***Post-training survey completed by 174 (38%) participants

[^]Pharmacy records pre-/post-intervention