

First Steps to Smoke-free:

Using air quality feedback to facilitate smoke-free homes through the NHS Lanarkshire First Steps programme

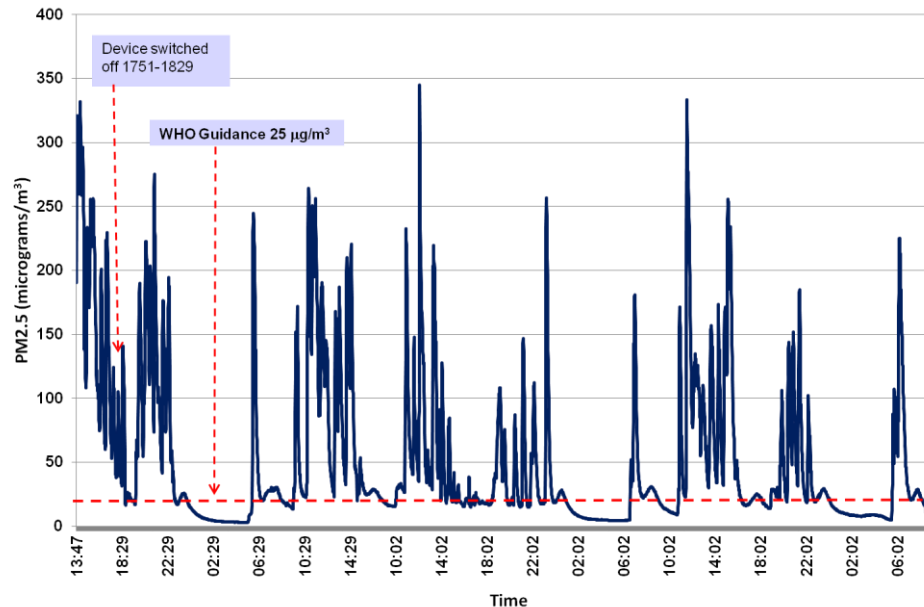
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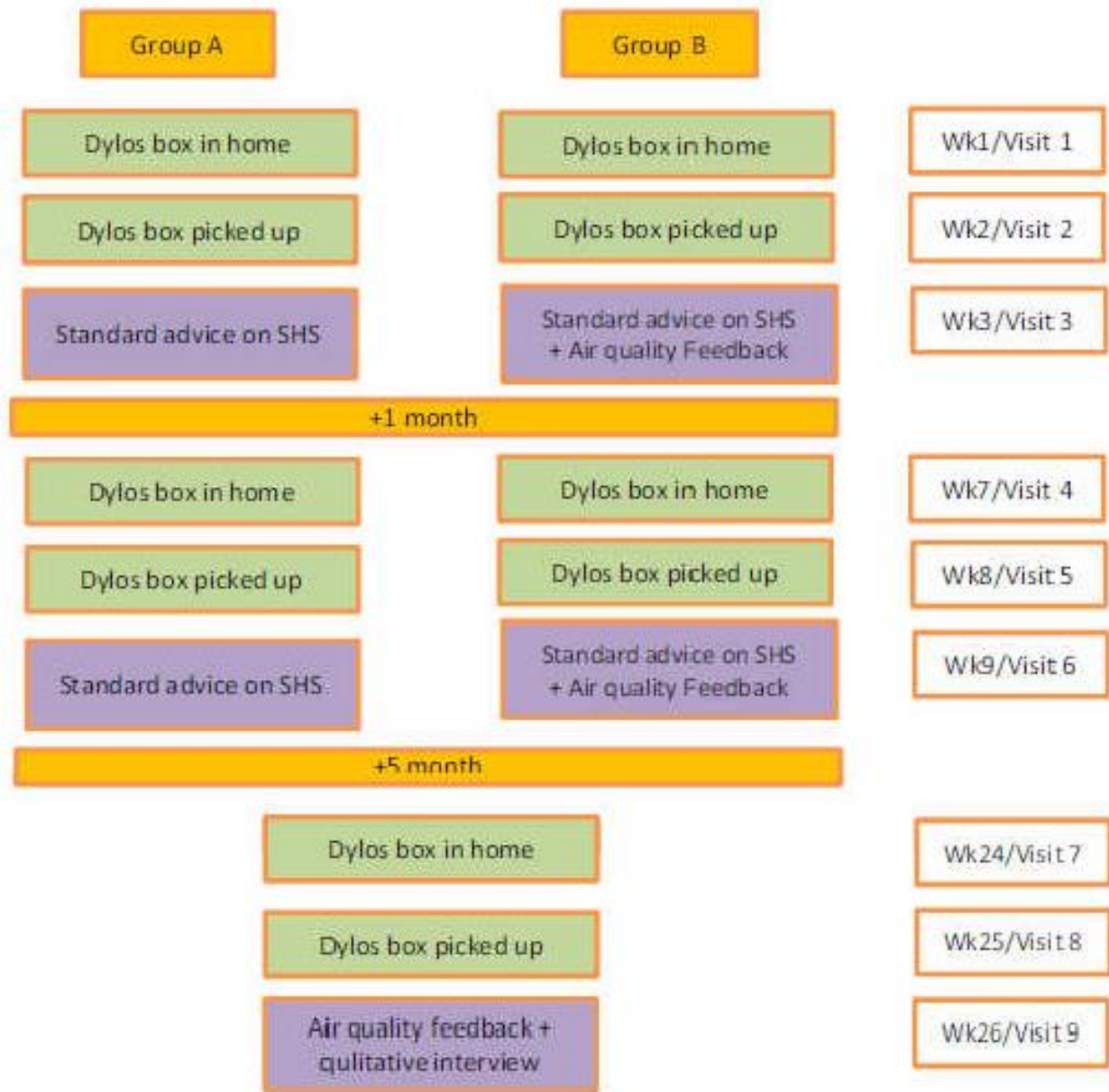
Background

- Development of REFRESH
- First Steps Pilot Study
 - Dec 2012-Mar 2013 (n=12)
 - Delivery by local expertise with logistical support/training from Aberdeen
 - Qualitative findings were positive (workers and participants)
- CSO proposal (June 2013)
 - Funded January 2014



CSO project

- Aim: To deliver and test the efficacy of an air-quality feedback intervention to parents of young children exposed to SHS at home
- Recruiting from families involved in the First Steps programme
- Randomised controlled trial – two groups (A+B)
- Measure SHS levels for 5-7 days at baseline, +1 month and + 6 months.
- Group A receives standard SHS advice
- Group B receives standard SHS advice + air quality feedback
- Target is 60 households in each group (50 in each at +1 month)
- 25 qualitative 1:1 interviews in total at +6 months
- Focus group with FS workers at +1 and +6 months
- Study completed by end of 2016



Recruitment

- Invited to take part in the study: 142
- consented to take part: 100 (70% response rate)
- withdrawn before baseline: 5
- completed baseline: 87
- withdrawn after baseline: 6
- completed +1month: 70
- withdrawn after +1month: 7
- completed +6month: 36
- Total number of minutes of data collected: 1,483,842

Qualitative Interviews

- 12 qualitative interviews have been conducted
- Group A: 3
- Group B: 9

Roles and responsibilities

- Dr Sean Semple – lead on air quality measurement;
- Dr Steve Turner – health advice lead;
- Prof Amanda Amos – lead on qualitative elements;
- Dr Rachel O'Donnell – lead on qualitative data collection;
- Celia Briffa-Watt – lead on FS programme input;
- Susan Lyttle – NHS Lanarkshire SHS advice;
- Tracy Henderson – Daily management of study recruitment;
- Lynn Adams – NHS Lanarkshire Tobacco/Early Years;
- Project advisory committee – Advice and support;

For Further Information & Advice

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- <http://www.abdn.ac.uk/firststeps/>
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