

# 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

- 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
  
- First Steps to Smoke-free Study (April 2014)
  - 30 month study delivered by the NHS Lanarkshire First Steps (FS) Programme, in partnership with Aberdeen and Edinburgh Universities

# The First Steps Programme

- Early intervention Programme
- Targeting vulnerable families
- Ante/postnatal engagement
- Holistic, Needs Led Approach
- Encouraging and enabling
- Annual case-load of approx 350 clients

# Some of the Challenges Along the Way!!!

- Dylos Instruments
- Keeping FS2SF study firmly on the FS agenda.
- Buy in & motivation of FS workers
- Recruitment and retention of FS Clients onto study
- Training
- Family Dynamics & Home Environment

# Benefits

- CSO Funding
- Full time coordinator
- Improved, knowledge, skills, experience & confidence
- Intervention – clients increased knowledge
- IAQM good motivational tool
- NHSL Educational resources
- Harm reduction methods
- Huge learning Curve

# IAQM – Way Forward!!

- Share our learning Internationally, Nationally & Locally
- Lanarkshire Tobacco Control Strategy 2017 - 2022
- IAQM Instruments good motivational tool
- Afresh Study
- Simplified Software and Feedback
- Scoping out opportunities across all Community Planning Partners
- Workplaces

# Any Questions

