

Health Champion Training

NHS Lanarkshire Stop Smoking Service in partnership with
Lanarkshire Links

2017

Sharon Rankine

Nurse Lead / Mental Health

Sharon.rankine@lanarkshire.scot.nhs.uk

01698 456219

07580985255

Training Aim

- Offer brief intervention training on health concerns prevalent in people with diagnosis of mental illness
- Purpose – to work in partnership , offer brief intervention and signposting to clients with assessed health needs
- Prevention – Support with information relating to health topics to allow better health choices
- Encourage ownership of health & wellbeing

Target Audience

- 3rd Sector Partners offering Mental Health Service within community setting or own home

LAMH , SAMH, Bernardo's, Richmond Fellowship, Lanarkshire Links, Lanarkshire Carers Support, Disability Support Service, Black & Minority Ethnic Carers Support,

- Later extended to clinical & hospital staff

Training Development

- Partnership with Lanarkshire Links
(Networking, developing resource folder, advertising training, supporting via Element Website)
- Specialist Nurses within NHS Lanarkshire, Health Improvement Staff, North Lanarkshire Council
(Provided specialist information on key health topics, and information on resources to assist health champions deliver brief information)

2 Day Training

Day 1

Key Theme - Smoking Cessation (1 full Day)

- Smoking & Mental Health
- Pregnancy
- Second Hand Smoke
- NHS Lanarkshire No Smoking Policy
- NHS Lanarkshire Tobacco Control Strategy
- NHS Lanarkshire/ Stop Smoking Service and treatments / Pharmacy

- Practical information & resources on how to deliver smoking cessation advice , raise awareness of health related conditions , access specialist support for clients
- On a 1:1 Basis or within community group setting

Appendices

29

Appendix 1

Use A4 Diagram to generate discussions within the group

Place on the table, read and point to the discussion points
Demonstrate how the nicotine reaches the receptors in the brain
This happens within 8 seconds of inhaling a cigarette
This is how quickly and highly addictive smoking is
Discuss how sleeping overnight, nicotine levels in the brain drop dramatically, resulting in great urge to smoke as soon as waking
Or for some people these cravings wake them during the night

Do you see smoking as an addiction ?

When looking at quitting and treating an addiction, there are three areas to look at :

Treat the addiction – Nicotine replacement
Look at your environment / relapse risk factors – create smoke free home, ask others to smoke outdoors, change your routine and habits
Look at the emotional attachment to smoking – What will you do when you get cravings, keep yourself busy, they only last couple minutes, remind yourself why you are stopping

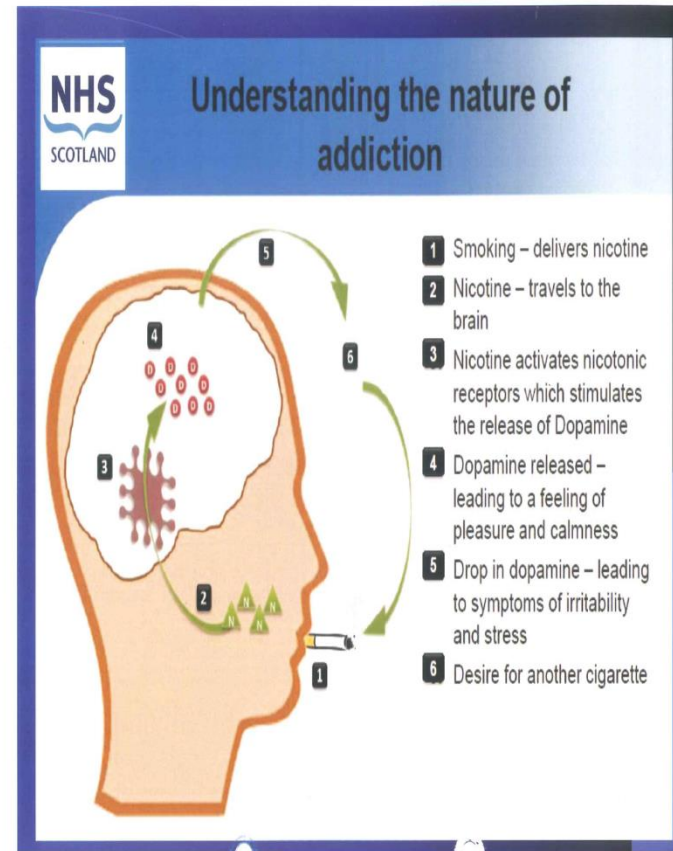
If you become anxious, smoking does not help. Go for a walk or do something you like eg. put on music, have a bath, relax, and practice deep breathing.

You want to stop for a reason.

- Contrary to what regular smokers would say, smoking increases tension and anxiety
- Although nicotine can make a person feel relaxed, it is only temporary so it increases the person's craving for nicotine
- Smoking doesn't deal with the underlying causes of mental illness and anxiety
- People who have stopped smoking generally report a reduction in their anxiety levels

Something to consider:

People who smoke cannabis are also addicted to tobacco. They will require help with their smoking habit.



Breaking the Myths / Informing

11

Some thoughts and comments from REAL people

Smoking helps my nerves

My doctor says this is not the right time to give up

People think I'll become unwell and angry if I stop smoking

Cigarettes are my friend ... they are always there for me

My nurse said to deal with one addiction at a time

I'll never be able to stop ... I've tried so many times

There is now more research becoming available to suggest that stopping smoking has a positive impact on people's mental health.

Stopping smoking can help reduce symptoms of depression and anxiety and some people have said that it has helped improve their mood and they have more energy.

15

Brain

When Nicotine from smoking reaches the cells in the brain, a chemical dopamine is released, giving temporary feelings of pleasure. Dopamine is low in people suffering from depression. This may give people the impression that smoking is making them feel better. During this time the brain however, reduces its natural release of the chemical and the person smokes more.

Most people start to smoke before they show signs of depression, so it is unclear whether smoking leads to depression or depression to smoking.

Statistics indicate if you smoke you are more likely to develop mental health problems and suffer from depression or anxiety. There is also a higher incidence of alcohol and drug use in people who smoke.

Current research has indicated stopping smoking has a positive impact on symptoms of depression and anxiety.

Smokers have a 45% higher risk of developing all forms of dementia. The more you smoke the higher the risk.

Passive smoking may also increase a person's risk of dementia.

Medication

People who smoke require higher doses of medication, as chemicals from smoking break down the medicine quicker.

Medication works better in the absence of smoking, more effective pain relief, smaller doses of all medication required. This results in fewer side effects.

Clozapine

- The tar in cigarettes increases the release of a chemical in the liver which breaks down Clozapine medication
- This means a smoker will be on a higher dose of medication for it to be therapeutic.
- It is beneficial for someone on Clozapine to stop smoking as their dose will be less, reducing side effects
- Someone on Clozapine must speak to their nurse at the clinic or stop smoking service to assist them prior to attempting to stop as we must monitor their blood more closely and reduce their dose of medication as needed
- If they stop without monitoring, the higher levels of Clozapine can cause sedation, hypertension, seizures and blood disorders, due to toxicity. So please ask them to speak with a nurse who will assist them to stop

ACTIVITY - Appendices 5 & 6

- Ask the group to draw a body on flipchart paper or someone to lie on the floor and draw around them making a silhouette
- List all the conditions that smoking can affect on the body



Appendix 8

STOP SMOKING TIMELINE

Appendix 7



20 MINUTES
 Blood pressure and pulse rate improve

8 Hours
 Carbon monoxide levels in blood **reduce by half**, oxygen levels return to normal.

24 Hours
 Carbon monoxide will be **eliminated from the body**. Lungs start to clear out mucus and other smoking debris.

48 Hours
 Ability to taste and smell is greatly improved.

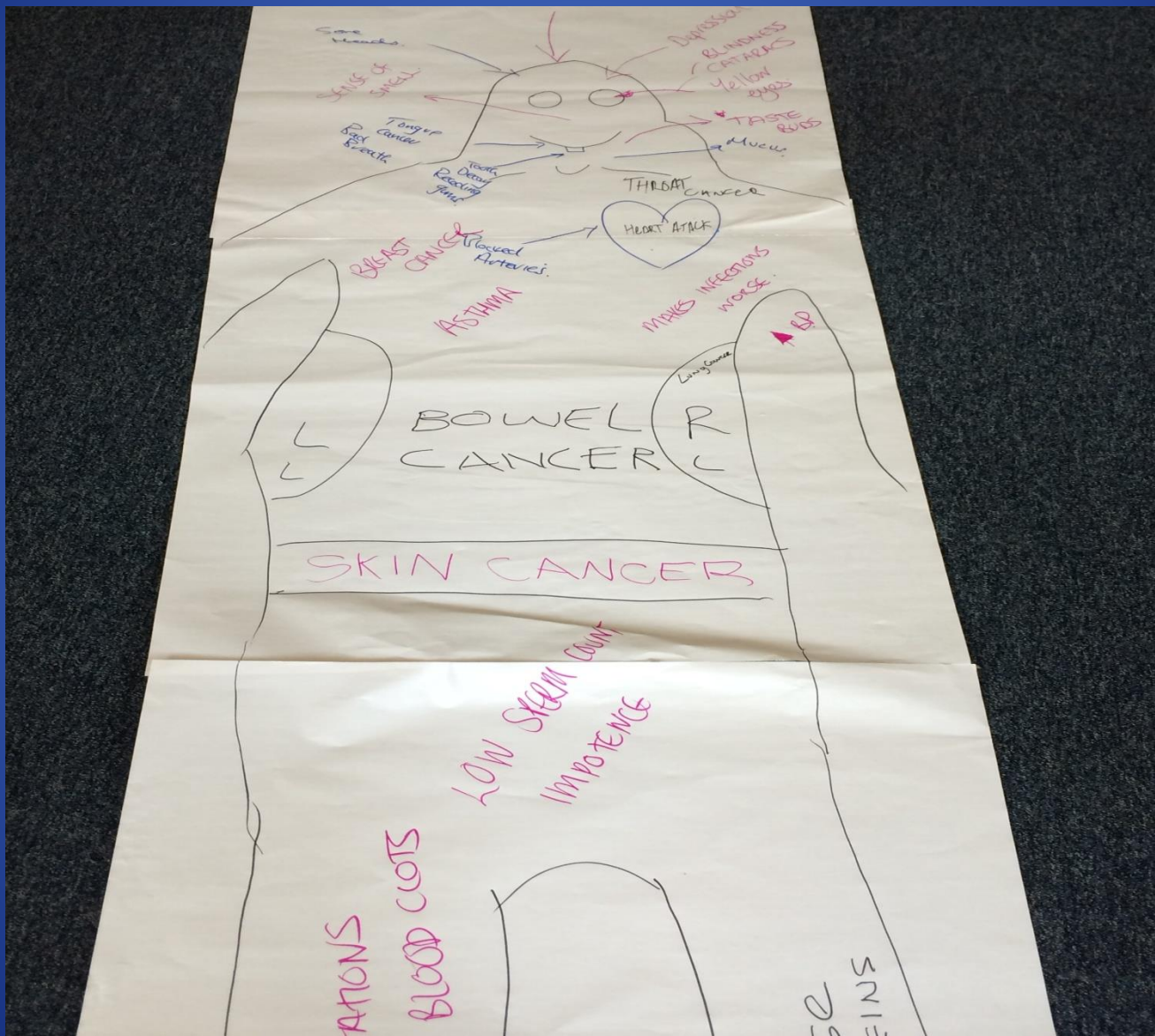
72 Hours
 Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.

2 – 12 Weeks
 Your circulation improves.

3 – 9 Months
 Coughs, wheezing and breathing problems improve as lung function increases by

5 Years
 Risk of heart attack falls to **about half** compared to a person who is still smoking.

10 Years
 Risk of lung cancer falls to **half that of a smoker**. Risk of heart attack falls to the same as someone who has never



Summary Points

General

Smoking

Every cigarette takes 11 minutes off your life

Not smoking

Can give you 10-15 more years in life
Can improve your mental health
Your medicines will work better
Increase your self-esteem and confidence
Improve you and your family's health
Improve your finances/lifestyle

Smoking and pregnancy

Smoking

Reduces your chances of conception
Can result in complications, miscarriage, abnormalities in growth & Development
Increase risks to mother's health and delivery

Stopping

Ask for help if planning a pregnancy
Help is available at any stage of pregnancy

Second Hand Smoke

Is a serious health risk to everyone
Protect children at all times
Be a positive role model - don't smoke in front of children
Keep a smoke free home and car

Day 2

- Specialist Health Topics / Support Services
- Target health topics , prevalent within Mental Health
- Information delivered by individual services
- Practical ways to introduce information on health topics , raising awareness, informing, supporting with health behaviour changes
- Where to sign post to

Health Topics / Services

- Healthy Heart
- Healthy Eating
- Get Walking Lanarkshire
- Well Connected
- Access Minor Ailments
- 15 Month GP health Checks
- Oral Care
- Health Promotion Library

Easy to use resources/information at hand

59



Find a Health Walk

www.pathsforall.org.uk

FOR A HAPPIER,
HEALTHIER SCOTLAND

Paths for all is a Scottish Charity championing walking in Scotland. For everyone. Everyday and everywhere.

Paths for all supports a network of community health walk projects that organise free group walks every week. These are short, safe, fun, accessible, low level walks led by trained volunteers. Anyone can go along to a health walk and new walkers are always welcome.

Go online www.pathsforall.org.uk/healthwalkfinder and use the postcode finder which details walking groups in your area.

88

BDA The Association
of UK Dietitians

Food Fact Sheet

Healthy eating

A good diet is important for good health. Eating a variety of foods can improve general wellbeing, reduce the risk of conditions including heart disease, stroke, some cancers, diabetes and osteoporosis (thin bones) and help you manage your weight. You need to eat sensibly, choosing a varied diet from a range of foods, not smoking and keeping active are all great ways to boost your health.



The Eatwell Guide is made up of five food groups – fruit and vegetables; bread, rice, potatoes and other starchy foods; meat, fish, eggs, beans and other non-dairy sources of protein; milk and dairy foods; and oil and spreads. If you choose a variety of foods from the groups you can easily achieve this healthy balance.

Foods high in fat, salt and sugars are not needed in the diet, so if you do choose to include them then try to have them less often and in smaller amounts. Read on for some useful tips.

Different types of food

The Eatwell Guide can help you to understand the different types of food that make up a healthy diet. It also shows how much of these foods you should eat to have a well-balanced and healthy diet. It's a good idea to try to get this balance right throughout the week.



Heart Attacks

Tick the answers you think are correct

There can be more than one correct answer to each question

- A heart attack is caused by:
- A worn out heart
 - Watching too much TV
 - Coronary artery disease
 - Narrowed arteries
 - Getting the electricity bill
 - Hard work
 - Blood blocking a narrowed region of an artery
- Coronary artery disease is:
- Very rare
 - Present in half the middle-aged people you know
 - Mostly preventable
 - Less of a problem than it used to be
 - Something that rises get
 - Best ignored
 - Always fatal
- Most coronary artery disease is caused by:
- All the arteries being narrowed
 - A slow build-up of cholesterol on the artery wall
 - A combination of risk factors
 - The government
 - Sitting on wet grass
- The heart:
- Is easily damaged
 - Is the toughest muscle in the body
 - Works better with exercise
 - Gets stronger if you rest
 - Can get worn out with hard work
 - Quickly heals itself
- After a heart attack:
- You should carry on as if it had never happened
 - Your life is as good as over
 - You must be treated like an invalid
 - Reducing risk factors is important
 - You can protect yourself by exercising
 - Life can sometimes be better than before the heart attack

Heart Attacks

See if you were right!

- A heart attack is caused by:
- A worn out heart **certainty not - the problem is in the arteries not the heart**
 - Watching too much TV **not unless they spend all day in front of the TV**
 - Coronary artery disease **Yes**
 - Narrowed arteries **Yes**
 - Getting the electricity bill **ordinary shocks or surprises don't cause heart attacks**
 - Hard work **no, normal hard work is not dangerous, although overworking may be**
 - Blood blocking a narrowed region of an artery **Yes**
- Coronary artery disease is:
- Very rare **no, it's extremely common**
 - Present in half the middle-aged people you know **yes, because of lifestyle**
 - Mostly preventable **yes, by reducing risk factors**
 - Less of a problem than it used to be **true, because of modern medicines and surgery**
 - Something that rises get **if you liked this one you need help!**
 - Best ignored **no, there may be a lot of things you can do about it**
 - Always fatal **no, most people make a good recovery**
- Most coronary artery disease is caused by:
- All the arteries being narrowed **no, usually only small patches**
 - A slow build-up of cholesterol on the artery wall **yes, it takes many years**
 - A combination of risk factors **yes**
 - The government **not his time!**
 - Sitting on wet grass **no, but that may give you piles!**
- The heart:
- Is easily damaged **No**
 - Is the toughest muscle in the body **Yes**
 - Works better with exercise **Yes**
 - Gets stronger if you rest **no, it's strong already**
 - Can get worn out with hard work **no, not normal levels of hard work**
 - Quickly heals itself **yes, it's on the way to recovery already**
- After a heart attack:
- You should carry on as if it had never happened **no, you need to make some changes to your lifestyle**
 - Your life is as good as over **certainty not!**
 - You must be treated like an invalid **definitely not!**
 - Reducing risk factors is important **yes, recovery and prevention**
 - You can protect yourself by exercising **yes**
 - Life can sometimes be better than before the heart attack **yes it can**

CASE STUDY

Jim McGuire's heart attack

44

One risk factor tends to encourage other risk factors to develop. They often creep up on us. Take the case of Jim McGuire.

In his teens, he was a keen swimmer. He liked a few beers once a week. As an apprentice electrician he didn't get paid enough to smoke. At weekends he usually went out fishing. He wasn't earning much but he was fit and happy with no risk factors.

Once he had served his time as an apprentice, he often took on extra jobs for other people as well as his regular work. He soon found himself 'too busy' to carry on swimming or fishing. He started smoking, and he also bought a van and started to drive everywhere.

After five years of this he was becoming quite unfit. He now had two risk factors - lack of exercise and smoking. The early stages of coronary artery disease were developing. Not that Jim knew anything about it. His second child had just been born, he was thinking of buying his own flat, and everything seemed great.

Working all the time meant that his only pleasures were cigarettes and a pint of beer on the way home at night. This made him even less fit, and the drink made him put on a 'belly'. He now had three risk factors - lack of exercise, smoking, and overweight. He began as if he had too much to do and stopped enjoying his work. By the evening he just wanted to rest but he still took on more and more evening and weekend work. He felt stressed out and was often bad-tempered with his family.

His bad temper, his increasing tiredness, and the fact that he was rarely home led to rows with his wife. To avoid these, he spent more time at work, or in the pub. During the week he lived on pies from the baker, pub snacks and take-away meals that he ate on the way home. This poor diet led to a high cholesterol level. And his weight gain caused high blood pressure.

By the age of 40, Jim had all the major risk factors: smoking, lack of exercise, overweight, high cholesterol and high blood pressure. He drank too much and was overstressed. If you had said this to him he would have laughed and told you that his job gave him a way he would have been right. Smokers are almost twice as likely to have a heart attack as people who have never smoked.

Coronary artery disease takes a long time to develop. Jim had his heart attack 10 years later, a few days after his fiftieth birthday.

Resource Folder

- Provides supports with a tool they can easily use
- Supports brief advise / signposting
- No medical Jargon
- Practical
- Has various formats to deliver the health information/advise
- Interactive materials
- Visual Aides
- links to short educational videos
- Ability to modify the information to suit the client/ client group being supported

Together we can make a difference

- Think AIR . (Ask, inform , refer)
- Keep positive , keep them motivated
- People with mental health conditions want to stop, they **THINK** they can't
- Every little thing you do will help

*“Coming together is a beginning.
Keeping together is progress.
Working together is success.”*

Henry Ford (Industrialist , 1863-1947)