

Healthier
independent
lives



**PREGNANCY SERVICES WORKING IN
PARTNERSHIP TO REDUCE
INEQUALITIES & REDUCE THE
PREVALENCE OF SMOKING IN
PREGNANCY**

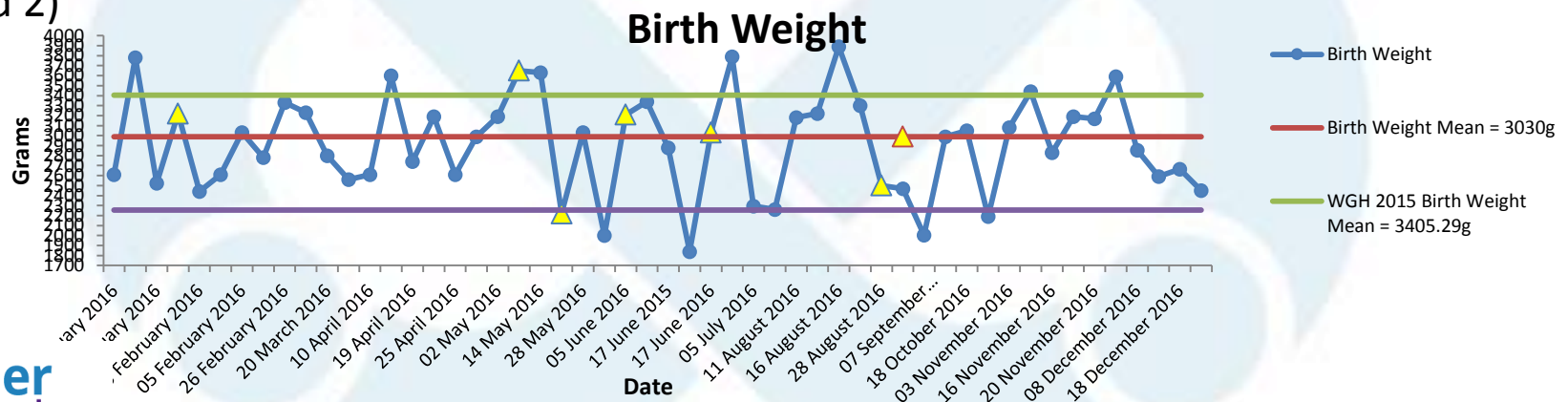
Lesley Allan, Specialist Nurse, NHS Lanarkshire

Lorraine Farrow, Specialist Midwife, NHS Lanarkshire



BACKGROUND

- Lanarkshire Additional Midwifery Service (LAMS) is a specialist service for families affected by substance use.
- Lanarkshire Stop Smoking Service (SSS) provide an ante natal 'opt out' service.
- 98 % women attending LAMS continued to smoke despite referral to SSS. Self reported reduction.
- Annual outcome reports found birth weights to be significantly reduced compared general population.
- Specialist nurse & Midwife used QI Methodology to test integrated approach at existing LAMS clinic.
- 17 clients agreed to engage with SSS
- 65% (n=11) of clients lived in the most deprived areas of North Lanarkshire (SIMD 1 and 2)



LAMS CASE STUDY



- *Vicki pregnant 2nd baby*
- *Previous IUGR*
- *Smokes around 10 cigarettes day*
- *Smokes around 8 joints Cannabis daily.*
- *History of abandonment by mother age 14yrs*
- *Adverse Childhood Experience – significant domestic abuse throughout childhood.*
- *Suffers from depression & anxiety/ attempted suicide*



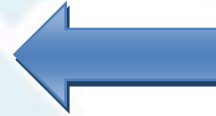
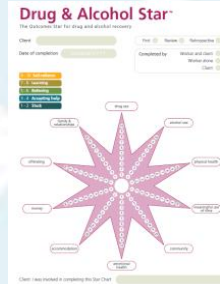
- *Booked community midwife 8wks*
- *Referred to LAMS*
- *Opt out referral to Lanarkshire Smoking Cessation Service (SSS)*
- *Discontinued antidepressants.*

- *Contacted by SSS at 8 wks*
- *Appointment arranged*
- *Client DNA*

- *Attended LAMS assessment 12wks*
- *Reduced Cannabis to 6 joints daily*
- *Cigarette intake not changed*
- *Agreed to work on psycho-social interventions*
- *Introduced to Specialist SS Nurse*



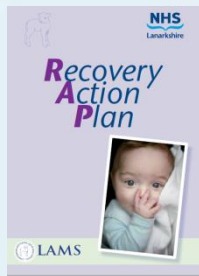
LAMS CASE STUDY (Cont..)



- Met with CPN at PMHT
- Identified counselling support
- Appt arranged Consultant Psychiatrist
- Fortnightly CPN visit

- Reflected on LAMS holistic assessment using Outcome Star.
- Continues NRT –support fortnightly
- Symptoms mental health – mood low & weepy and anxiety increased.
- Referred to Perinatal mental health (PMHT)
- Commenced LAMS Rap Workbook

- Met with Specialist SS Nurse maternity.
- Assessed level smoking & previous quit attempts
- CO reading
- Discussed various NRT options
- Commenced NRT patches

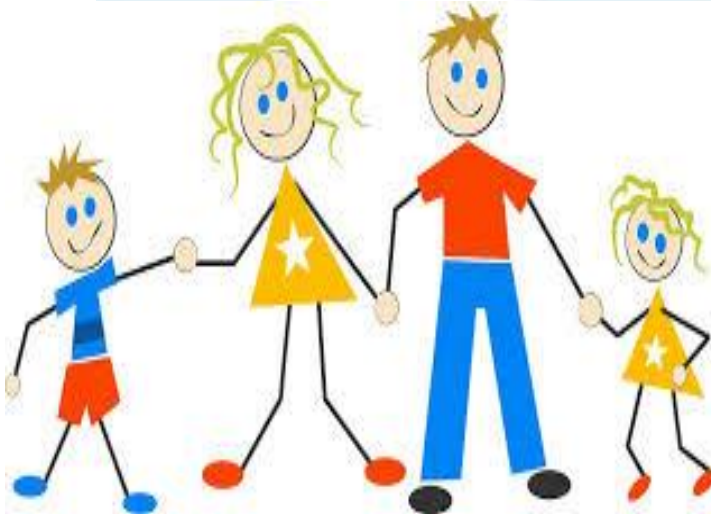


- Supported by LAMS, SS Specialist & PMHT fortnightly
- Both clinic & home visits
- Holistic approach to reduce triggers
- Cannabis use reduced 2 joints daily by 16wks
- Mental health stabilized
- Working on Cannabis diary to reduce final Cannabis
- . Continues NRT Patches
- . Ceased all cigarettes from 14weeks
- . Ongoing use CO Monitoring motivation
- . Use of MI & CBT Interventions
- . Focus on relapse prevention & Coping strategies
- . Healthy pregnancy & no concerns fetal wellbeing.

LAMS CASE STUDY (Cont..)







Health & Social Care
North Lanarkshire




Sustained smoking cessation
Cannabis use minimal aim abstinence
Mental health stable without medications
1:1 breastfeeding workshop in preparation
Passport to leisure - increase exercise
Relationship improved family members
Knowledge – GIRFEC
ACE
SOLIHULL


PSYCHOSOCIAL INTERVENTIONS




LAMS MYRAP



MY CHILDHOOD & GROWTH
Read the information on the map. We have had a hard time recovering from smoking, excessive drinking, and drug use.



LOOKING FORWARD
For many people, recovery will continue to be a journey, but that journey will become easier as you become stronger. Use the maps you have completed on MyRAP to think about how far you have come in your journey and where you would like to see yourself in the future. You have your new baby and family unit to focus on and your future may include working towards providing them with the best possible start to their lives.




MY FUTURE

FAMILY?	FRIENDS?
LIVING SITUATION?	WORK/FINANCE?
What do all of these things have in common?	

What do you see when you picture the future you want for yourself?

...hood, that directly abuse through people living with



LAMS MYRAP 51

STOP SMOKING INTERVENTIONS



Health & Social Care
North Lanarkshire

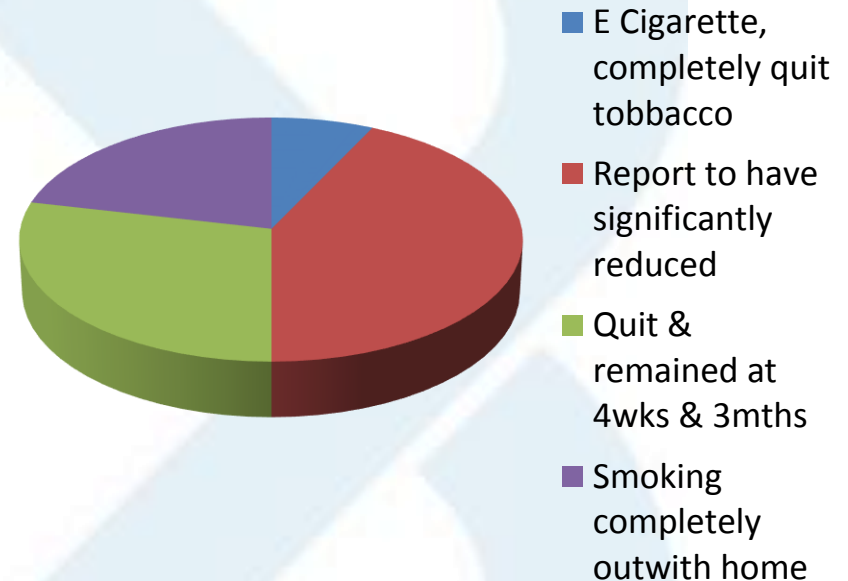
- Discussed current tobacco use
- Reasons for using tobacco
- What the Stop Smoking Specialist Service could offer
- CO reading and what it means
- Pharmacotherapy options
- Ongoing tailored support
- Advice on Second Hand Smoke and Smoke Free homes



RESULTS

- 17 clients out of 21 agreed to engage with SSS
- 65% (n=11) of clients lived in the most deprived areas of North Lanarkshire (SIMD 1 and 2)
- 82% (n=14) of clients actively engaged; age range 17-41 years
- 11 clients tried Nicotine Replacement Therapy
- 6 clients were seen in joint clinics
6 at home and 2 a combination of joint clinic and home visits
- QI Runchart improved birth weights 2017

Smoking status



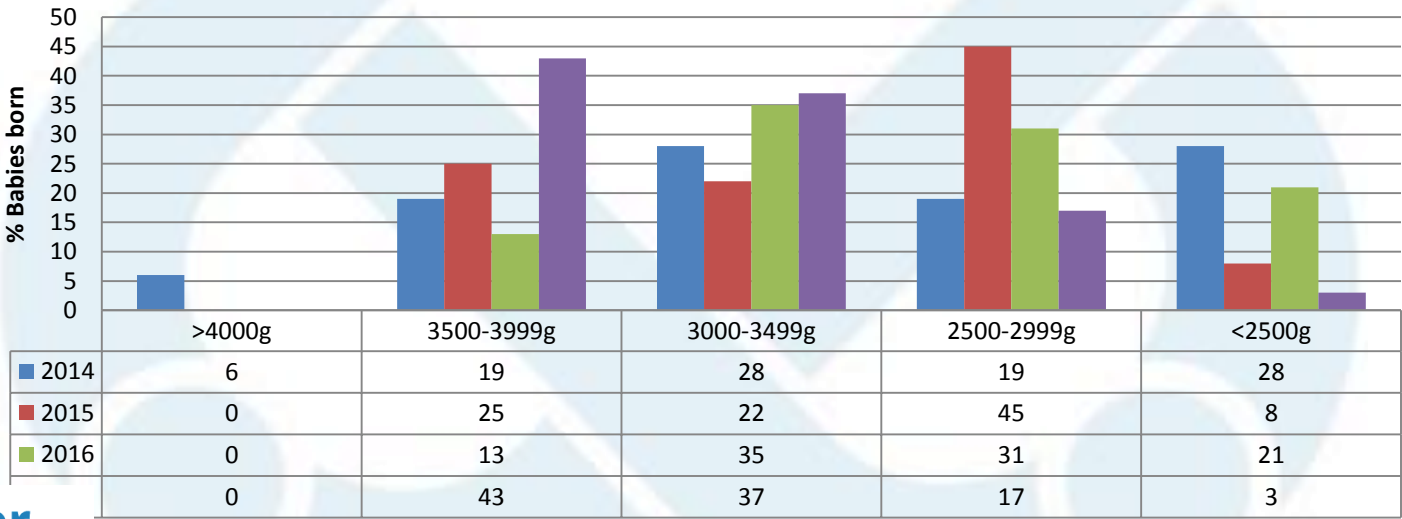
BIRTH WEIGHTS 2017



Birth Weight 2017



LAMS Birth Weights



Healthier
independent
lives

All data collated from Lanarkshire Additional Midwifery Services database and annual reports

ADDITIONAL LEARNING



Health & Social Care
North Lanarkshire

**POSITIVE IMPACT
ON MENTAL
HEALTH &
COPING
STRATEGIES**

**IMPORTANCE OF
BUILDING &
SUSTAINING
RELATIONSHIP**

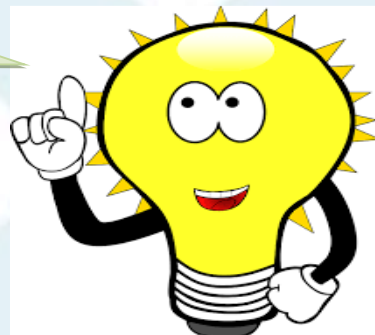
**NEED TO COMBINE
NRT WITH
PSYCHOSOCIAL
INTERVENTIONS**

**'REAL HOLISTIC'
APPROACH TO
BUILDING SUPPORT
PLAN THAT'S
PERSON CENTERED.**

**REGULAR INPUT FROM
LAMS ALLOWS RE-
ENGAGEMENT &
INTRODUCTION OF
ALTERNATIVE METHOD
WITH SMOKING
CESSATION**

**POSITIVE IMPACT OTHER
PUBLIC HEALTH:**

- ↑ **BREAST FEEDING RATES**
- ↑ **HEALTHIER DIET &
EXERCISE**
- ↑ **ACCESS WELFARE RIGHTS**





Health & Social Care
North Lanarkshire



LESLEY ALLAN

Nurse Specialist- Pregnancy Lead
Stop Smoking Service

lesley.allan@lanarkshire.scot.nhs.uk

LORRAINE FARROW

Advanced Specialist Midwife for Substance
Misuse

Lanarkshire Additional Midwifery Service

lorraine.farrow@lanarkshire.scot.nhs.uk

Healthier
independent
lives