

# Braveheart Smoking Cessation

— Final Project Report —

**Braveheart**



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## 1. Introduction

Braveheart is an organisation which supports adults who have heart problems. There are approximately 450 members. It uses volunteer health mentors to run self-help groups which provide guidance and support about how to improve their quality of life. This includes information about the effects of smoking and second-hand smoke and referrals for smoking cessation support for both the patients and any members of their families. Information sessions are often extended to include patients who have had or are having cardiac rehabilitation (about 240 p.a.) as well as the 'Keep Ticking' group (about 100 people). The organisation has charitable status and is overseen by a management committee which includes some health professionals and some laymen.

A grant was awarded from ASH Scotland in 2005/6 of £1,000, to be used as follows:-

To provide a part-time smoking cessation nurse to run support groups for resistant smokers	=	£600
Materials – leaflets and visual aids	=	£300
Evaluation on support groups and new materials	=	£100

A further grant was awarded in 2006/7 of £1,075, to be used as follows:-

Part-time smoking cessation advisor	=	£650
Leaflets and visual aids for information and training	=	£325
Evaluation (staff time).	=	£100

The aim of the project was to identify resistant smokers through information sessions and to offer smoking cessation advice via the smoking cessation service through the employment of a part-time smoking cessation advisor.

## 2. Training sessions

### Wave One

In July 2005 two smoking cessation nurses from Forth Valley NHS Board were recruited to run support groups. Both nurses have years of work experience and have completed the following training: Maudsley, basic motivational interviewing skills, smoking and mental health, intervention training and various smoking cessation modules.

Materials (various leaflets and visual aids) were purchased from GASP to be used in the sessions.

Two smoking information evenings were held for Braveheart participants, volunteers and family members. These took place on Monday 26<sup>th</sup> September 2005 and Monday 5<sup>th</sup> December 2005. Twenty people took part. This was lower than expected but may be due to a local bus strike and bad weather. Nine smokers were referred to the smoking cessation nurse for one-to-one support.

Evaluation forms showed that all participants found the training informative and interesting. 100% of respondents agreed that the sessions met their expectations, going on to give comments such as “most informative and well structured” and “provided up-to-date statistics”. All respondents agreed that they liked the format and structure of the sessions, with one stating that the informal nature of the session encourage audience participation.

A further two training sessions were held for volunteer health mentors on the dangers of second-hand smoke for people with coronary heart disease. These took place on Monday 12<sup>th</sup> January 2006 and Monday 24<sup>th</sup> April 2006 and unfortunately only 8 people attended. Evaluation forms were given to all volunteers attending this training. On asking what the participants gained from the session and how they felt it would help in their mentoring, it was clear that the audience felt that they had been given far more information about second-hand smoke and its dangers than they knew previously. They all felt that they would be able to pass on this information to their groups accurately, having more facts to hand.

In summary, the training on second-hand smoke was well received by volunteers, who felt it was given in an interesting, informative manner. They stated that they would be able to use this information when working with their groups and that they had a better understanding of the dangers than before the training.

The use of our visual aids and various leaflets has also proved to be very useful.

### Wave Two

Thanks to further funding, in April 2006 the same two smoking cessation nurses were recruited to undertake a further 2 training sessions each. One nurse undertook training for our Braveheart volunteers and the other provided information and the opportunity to debate the issues amongst the general public, specifically those with known heart disease.

We purchased more visual aids and literature from GASP which we used at each of the training sessions. At the end of the project, these materials will still be available for use by our mentoring groups in both Falkirk and Clackmannanshire.

Two sessions took place for our volunteers: health mentors and walk leaders. These took place on 16<sup>th</sup> November 2006 and 1<sup>st</sup> March 2007. Invitations were sent to all Braveheart health mentors and walk leaders volunteers (Falkirk and Clackmannanshire). The session on 16<sup>th</sup> November attracted 4 volunteers (although 7 had responded yes) and the session on 1<sup>st</sup> March 2007 attracted 8 volunteers.

Evaluation showed that our volunteers found the training useful, making them more aware of the dangers of passive smoking. Some of the words used to describe their experience of the session were “*enlightening*”, “*detailed*”, “*interesting*”, “*thought-provoking*”, “*relaxed*” and “*enjoyable*”. One volunteer reported:

*“I am now far better informed to impart some knowledge to other people”.*

In response to the question “What did you gain most from the session?”, one volunteer responded:

*“ideas for persuading people to stop/or not to start smoking”.*

Being able to offer our volunteers an in-depth training course on smoking cessation keeps them up-to-date with the smoking debate including legislation which they are then able to pass to people in their groups/on their walks, who smoke.

#### The dangers of second-hand smoke

The second smoking cessation nurse worked with Braveheart and Cardiac Rehabilitation participants (past and present) and their family members, the Keep Ticking membership and the general public. Invitations were also distributed via local GP surgeries, libraries and community centres within the Falkirk district. Over 500 invitations were sent out for each event. We had press coverage (local newspaper) for both events also.

The sessions took place on 26<sup>th</sup> September 2006, with 7 in attendance and on 19<sup>th</sup> March 2007. Unfortunately no-one attended the second session, although 5 had expressed an interest, but couldn't attend on the night but requested information to be forwarded to them.

### **3. Results**

From the evaluation undertaken from the sessions throughout the 2 phases, it would seem that most people found the amount of information given as just right. Those who attended, liked being able to discuss the topic of smoking in a safe and non-threatening environment. The smoking cessation nurses were able to answer any questions that were raised.

Materials were purchased from GASP including: Tar in a Jar, arteriosclerosis model and blocked arteries. Literature was also purchased from GASP which was distributed at each of the sessions. Leaflets included: “Protect Children”, “Smoke Free Home”, “No Second-hand Smoke” and various bookmarks and keyrings. Any literature which remains will be used by volunteers within their mentoring groups.

One gentleman when commencing his Braveheart group announced to his mentors and fellow members that he would not be giving up his pipe as he enjoyed it so much. However 3 weeks after smoking was covered in the programme he announced that he had not smoked a pipe since the last meeting as he had been so shocked with the visual aid tar in the jar (which showed how much tar a smoker would have in their lungs if they smoked 20 a day for a year).

In total over the past two years 10 participants have been referred onto smoking cessation for one-to-one support and approximately 11 have been encouraged to contact their local smoking cessation community group or to smoking cessation clinics offered within their local health centres.

Due to this additional piece of work we have recently re-developed our smoking cessation training for volunteer health mentors. The issue of second-hand smoke has been included in the smoking cessation session and the training is now more participatory. Some of our volunteers had commented that it was hard to raise

the topic of smoking cessation in a group with non smokers, however by having the information and knowledge to discuss second-hand smoke they have found that it is much easier to raise and discuss. Volunteers are feeding back that their smoking sessions are much more appreciated and enjoyed by participants.

The importance of smoking cessation and the dangers of second-hand smoke have been highlighted to as many people in Falkirk district as possible, specifically those with known coronary heart disease, raising awareness of the dangers of smoking and second-hand smoke.

#### **4. Discussion**

We have now trained the majority of our health mentors and walk leaders since the start of the project. It is hoped that information will be passed onto group members and walkers who express an interest in the smoking debate generally or those who want to quit. Information can also be passed onto family members or friends, as we are aware that people find it difficult to quit if a family member still smokes in the home.

100% of participants agreed that the sessions met their expectations. All participants agreed that they liked the format and structure of the sessions and the audience felt that the information provided was up-to-date, relevant, very helpful and informative.

By working in partnership with our smoking cessation team within Falkirk + District Royal Infirmary, we have been able to offer in-depth information sessions that routinely we would not be able to offer as well as a one-to-one support session for participants wanting to stop smoking.

#### **5. Recommendations for Future Work or Research**

As smoking is a core topic covered within the Braveheart Programme, we will continue to work alongside the Smoking Cessation Team within Falkirk & District Royal Infirmary and smoking cessation community groups. We will also continue to update training materials when necessary.

Smoking cessation services will continue to be offered to heart patients through our smoking teams in Falkirk Royal and Stirling Royal Infirmary.

Smoking information evenings will be organised if we receive feedback from health mentors saying there is a need for more sessions however at the moment everyone seems happy with the new developments.

As Braveheart has recently rolled out into a new area (Clackmannanshire) we are currently building links with another smoking community group called Quit and Save.

## Appendices

**Appendix 1 (invitation to session)**



Supporting people with heart problems



Invites you to  
an Information Evening on  
Smoking & second-hand smoke (including  
info on the smoking ban)



Monday 19<sup>th</sup> March 2007

## **Appendix 1 (cont)**

### **What is it?**

An informal session to discuss the effects of smoking on your health and your family's health, and how the smoking ban affects you.

### **When is it?**

Monday 19th March 2007 at 7.00pm – 9.00pm

### **Where is it?**

The Camelon Community Centre, Abercrombie Street, Camelon (Dorrator Room).

### **Who is invited?**

- Smokers
- Non-smokers
- Ex-smokers
- Any adult with heart problems
- Family members/partners/friends.

Please return the completed slip on the opposite page.

For further information please contact:

***Gail Henderson on 01324 616161 or 624000 ext 5400/6893.***

## Appendix 2 – evaluation form



# Braveheart Information Session



### Evaluation form

Thank you for coming to this information session on smoking & smoking cessation

Please could spend a few minutes before you leave to complete this evaluation form to allow us to plan further information sessions

- 1 Are you? Male  Female
- 2 Are you a smoker? Yes  No
- 3 Are there any other smokers in your household? Yes  No
- 4 Are there any smokers in your family? Yes  No
- 5 Was the location of this session suitable for you? Yes  No
- 6 Was the time of this session suitable for you? Yes  No
- 7 What was the most useful part of the session for you?  
\_\_\_\_\_
- 8 What was the least useful part of the session for you?  
\_\_\_\_\_
- 9 What else would you have liked included into the session?  
\_\_\_\_\_
- 10 Was the amount of information given  
Too much  Just right  Not enough
- 11 Was the pace of the presentation  
Too fast  Just right  Too slow

Thank you for taking time to complete this questionnaire. If you have any further questions at anytime regarding smoking or smoking cessation please contact: Alison Clyde at Braveheart at FDRI Tel no 01324 - 616403