



# Introducing routine Carbon Monoxide testing as part of antenatal care

Shirley Hamilton  
Smoking Concerns Glasgow 2005

## Developing the Service



- BACKGROUND
  - In Scotland
    - 32% of childbearing aged women smoke
    - In 2001, 27% of pregnant women were smokers at the beginning of their pregnancy
  - National Average in the UK 24%
  - Smoking strongly associated with socio-economic class, 11% women in social class I were smokers, 56% women in social class V

## Developing the Service

### Needs Assessment



- Personnel required {Specialist Midwives}
- Educational requirements of midwives
- Training of link midwives/ community and hospital midwives/ other hospital personnel
- Ability to develop service further

## Developing the Service



- Mapping of the existing services in Glasgow – prevent duplication of services and waste of resources
- Identify Key Stakeholders – development of Project Board
- Identify and set project management plan and key milestones – get approval from key stakeholders

## Service Design



- Evidence based intervention – One to One based on Maudsley technique
- Hospital Based – Initial consultation in antenatal clinic
- Telephone Follow Up – weekly by link midwife
- Home Based – only if requested or medically indicated

## Service Design



- Routine CO monitoring as part of antenatal booking visit
- All women recording CO level > 7ppm and or self reported smokers referred to link midwife
- Self Referral
- Consultant
- Any health care professional
- Service will be opt out

## Nicotine Replacement Therapy



- Development and implementation of Patient Group Direction
- Risk / Benefit assessment carried out by Link midwives
- Access through community pharmacy project
- NRT up to 12 weeks with support

## Data Collection



Development of minimum data set

Training of link midwives to input data

Analysis of Data

Data will contribute towards evidence Based literature

User feedback



## RESULTS

(May - Dec 2004)

- 70% Women want help to stop
- 50 out of a total of 8175 booked for antenatal care refused CO monitoring
- 32% women did not want help to stop at initial contact
- smoking rate 35%(combined)
- 81% set quit date
- 16% total cessation at 4 weeks validated with CO (24% combined including no CO)
- Partners are stopping smoking



## In Conclusion

- Establishment of an Integrated Midwife Led smoking cessation service in NHS Greater Glasgow
- Evidence based Intervention
- Accessible Nicotine Replacement Therapy

