Tobacco Smoking

- A help or hindrance to detoxification from addictive substances

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Background

- General Practice nursing (9 Years)
  - Set up Homeless service across coastal strip
  - Worked at HMP Ford since April 2005
- BSc specialist practitioner degree
- Currently studying MSc Nurse Practitioner
My interest in this area

- Set up homeless service
- People coming off drugs also wanted to give up smoking
- High degree of success
- Recognition from HDA & award from NHS trust
The Problem

- Tobacco smoking is one of the most serious public health issues in the UK\textsuperscript{1}
- Kills 5 times more people than all other avoidable deaths combined, including Class A drugs, I.e. Heroin & Cocaine\textsuperscript{2}
- 80% of offenders smoke\textsuperscript{3}
The Problem

- 90% of offenders have a diagnosable mental health problem, substance misuse problem, or both.\(^4\)
- Prison service can access socially excluded audiences, usually hard to reach.\(^5\)
Outline

- Offenders have to detox prior to transfer to HMP Ford
- Smoking cessation support is not routinely offered as part of the detox
- However, research shows this may be beneficial
Purpose of the Study

1. Should nicotine addiction be treated concurrently with other addictions?
2. What implications for offenders on short detox programs?
3. What is the Nurse Practitioner’s role in detox and cessation?
4. What is the best management method?
Outcomes

- To inform practice
- Development of policy
- Improve quit rate for poly-drug users
Research Survival Guide

✦ A topic that excites you
✦ Superbly supportive family & manager
✦ Negotiate dissertation time (1 day per week)
✦ Regular treats
✦ Attend conferences - other people’s views + networking
✦ Be realistic about timeframes
✦ Be disciplined
✦ Have fun! (Run a marathon!)
References

1. Ghodse, 1994
2. DoH, 1990
3. DoH, 2003
4. DoH, 2003
5. MacAskill & Hayton, 2006