

# Smoking Cessation within the Community Mental Health Team

## A Quality Improvement Project

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### Introduction

Smoking is associated with an increased risk of cancer and respiratory and cardiovascular disease and is estimated to cause 20% of deaths in Scotland.<sup>1</sup> Enquiring about smoking status and providing cessation support aligns with current NICE<sup>2</sup> and 'Smoke-free Scotland'<sup>3</sup> Guidance.

This quality improvement project is based in Dundee CMHT East, which provides outpatient mental health care for patients registered with General Practices in Dundee's East End.

#### Aims:

- Primary: 20% increase in number of patients asked about smoking at initial psychiatric assessment.
- Secondary: 20% increase in discussion of smoking cessation for those who smoke.

### Methods

Review of 40 clinic letters (10 from each Consultant Psychiatrist) from initial psychiatric assessments occurring between January 2024 and December 2024:

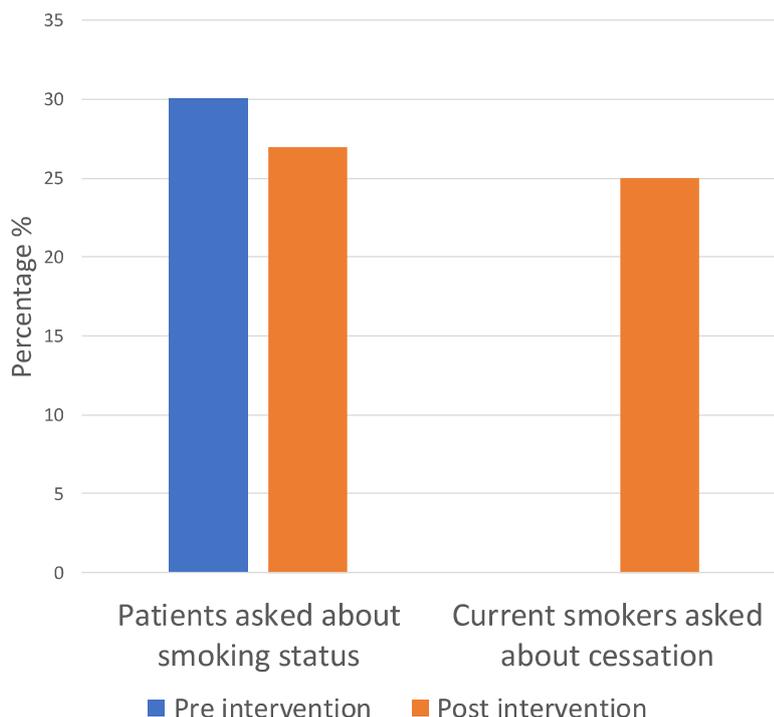
- Was the patient asked if they smoked?
- If yes, were they offered smoking cessation support?



#### Interventions:

- 'Quit Your Way' smoking cessation resources.<sup>4</sup>
- Education session for CMHT staff.

### Results



### Discussion

3% decrease in patients asked about smoking.  
25% increase in smokers asked about cessation.

#### Limitations:

- Lack of documentation ≠ lack of discussion.
- Time pressures in initial appointments.
- Most appropriate setting for maximum impact?

### Conclusion

Second cycle: target physical health screening clinic (ongoing, results awaited).

### References

1. The Scottish Government. The Scottish Health Survey: 2023 edition. 2024 [cited 2025 Mar 26].
2. National Institute for Health and Care Excellence (NICE). Tobacco: preventing uptake, promoting quitting and treating dependence. NG209. 2025 [cited 2025 Mar 26].
3. The Scottish Government. Smoke-free Scotland: Guidance on smoking policies for the NHS, local authorities and care service providers. 2005 [cited 2025 Mar 26].
4. Resources from 'Quit Your Way', NHS Tayside.