

Quit Your Way – Dumfries and Galloway NHS Stop Smoking Service

Rebecca Kirkpatrick – Tobacco Control Practitioner
Early Intervention and Prevention with Children and
Young People

Why early intervention and prevention?

- ▶ Working towards 2034 smoke free generation
 - The updated Scottish Government tobacco vaping framework published in Nov 2023
- ▶ The annual cost to NHSScotland of treating smoking related diseases is estimated to exceed £300m and may be higher than £500m each year.
- ▶ Tobacco use can be linked to issues such as pupil attendance, academic performance and future aspiration.

Our priorities

- ▶ To become a recognised and “go to” person within school communities
- ▶ To build positive relationships across education, with parents, pupils and staff
- ▶ To change the narrative around cessation
- ▶ To offer support to schools to confidently deliver smoking prevention talks
- ▶ To support the design and implementation of the “Smoke-free policy” within schools

Our challenges

- ▶ Limited staff resources (20hr pw for region)
- ▶ 98 Primary schools, 16 secondary schools and 45 council funded nurseries

Our Ideas so far

- ▶ Using digital resources
 - Presentations previously recorded to be shown in classes
 - Utilising video consultations for cessation support
- ▶ Role modelling
 - Drop ins for staff/parents to sign up for cessation
- ▶ Primary schools
 - P5–7 focus on early intervention/prevention talks
- ▶ Secondary schools
 - Policy roll out and cessation offering – physical introduction at assemblies and/or video describing input available