



Faculty of Public Health

Of the Royal Colleges of Physicians of the United Kingdom

Working to improve the public's health

OSPHE 057

Smoking cessation in a prison

Smoking cessation in a prison

CANDIDATE PACK

Candidate task

You are a member of a public health team responsible for providing advice on health improvement priorities in your local prison. You have received a request from the prison governor to increase the available smoking cessation¹ sessions for prisoners, in line with government policy and the chief executive of your organisation has indicated that it is important to respond to that request.

You are meeting a manager in your organisation who is responsible for making sure the smoking cessation service meets its performance targets for the whole area. There are significant pressures on the service, as outlined in the briefing material. You have 8 minutes of preparation using the briefing materials provided, followed by a 4 minutes verbal presentation and 4 minutes of discussion with the performance manager.

Outline of situation

The prison in your area is male only, and similar to many prisons elsewhere, with 300 sentenced and 250 remand prisoners and a medium security rating. From the results of a baseline health screen questionnaire, the prison knows that the smoking rate among prisoners is 83%. You serve a deprived local population where the smoking rate in your area overall is 34%. The smoking cessation service provides one session every two weeks in the prison, and last year (year one) saw around 53 clients.

Your public health team have had some initial contact with the prison but there is much still to do and to date there has not been a comprehensive prison health needs assessment. The performance manager is also responsible for the overall performance of the prison health service.

Candidate guidance

Read the briefing material and cover the points below. Consider if there are any other issues you need to highlight with the performance manager. You should focus on:

1. identifying how the requested prison activity fits with your overall aims for the smoking cessation service, including the performance targets of the service;
2. identifying different options as to how smoking cessation could be improved within the prison.

¹Smoking cessation refers to the smoking of tobacco.

At the station

You will greet the candidate and record their candidate number and name and then hand over to the actor by saying:

"This is the performance manager. They will now start the station".

Candidate Briefing Pack

I Extracts from selected Department of Health guidance on prison health.

Ia Health Promoting Prisons: A Shared Approach. PSI 24/2002. 17/4/2002.

This Government is committed to providing high quality prison health services, including taking the fullest opportunity to promote health and prevent illness. Prison presents a unique chance to tackle some serious health issues, for example:

- 90% of prisoners have a diagnosable mental health (including personality disorder) problem, substance misuse problem or both;
- 24% of prisoners report having injected drugs – and of these 20% are infected with Hepatitis B, and 30% with Hepatitis C;
- more than 80% of prisoners smoke.

<http://www.dh.gov.uk/assetRoot/04/03/42/65/04034265.pdf> (accessed 18/3/2006)

Ib Health Services for Prisoners. Prison Service Performance Standard 22. Issued May 2004.

STANDARD: To provide prisoners with access to the same range and quality of services as the general public receives.

Section 37 and 38. PROMOTING HEALTH

Key Audit Baselines.

37. Health Promotion considerations should be adequately and explicitly included within Local Prison Health Delivery Plans drawn up in partnership with local health agencies.

38. There is access to health education and prevention programmes and activities, including screening, which promote awareness of healthy lifestyles and address, as a minimum, needs in five major areas:

- 38.1 mental health promotion and well being;
- 38.2 smoking;
- 38.3 healthy eating and nutrition;
- 38.4 healthy lifestyles, including sex and relationships and active living;
- 38.5 drugs and other substance misuse.

<http://www.dh.gov.uk/assetRoot/04/08/87/76/04088776.pdf> (accessed 18/3/2006)

II Performance report of your local smoking cessation service.

The capacity of your smoking cessation service is currently at its maximum of seeing around 4,000 persons annually. The effectiveness of the service is monitored by assessing the proportion of clients who engage the service (measured by counting the number of those who set a quit date) and comparing it to the numbers achieving a 4-week quit status (table 1). In addition, there is a local audit of the year one work to assess effectiveness of the smoking cessation work in different settings (table 2).

Table 1 Current smoking cessation service activity and effectiveness summary

Year	Actual Numbers of persons setting a quit date	Number of 4-week quitters	Target number of 4-week smoking quitters (performance target)	Effectiveness of the service*	Achievement against target
Year 1 (Last year)	2,577	902	841	35%	107%
Year 2 (This year - 1 month left of current year)	3,842	923	941	24%	98%
Year 3 (Next year)		(estimate 998 required)	1041		
Three year targets		2,823	2,823		100% required

* effectiveness defined as the proportion of those who set a quit date still not smoking after 4 weeks (4-week quitters)

Table 2 Effectiveness in different settings: local audit of Year 1 work

Setting	Employed staff smoking cessation service	Primary care providers (GPs and pharmacists)	Other outreach settings (including existing prison work)	Overall
Activity- setting a quit date	2,010	367	200	2,577
Activity – 4 week quitters	764	102	36	902
Effectiveness*	38%	28%	18%	35%

* same definition as in Table 1

Smoking cessation in a prison

**MAIN MARKER
EXAMINER PACK**

Examiner situation

You will greet the candidate and record their candidate number and name and then hand over to the actor by saying:

“This is the performance manager. They will now start the station”.

Examiner Answer guidance

The main task for the candidate is to identify the dilemma set out between meeting performance targets, in this case challenging smoking cessation activity for the whole district, and responding, appropriately, to a request for additional capacity in a highly needy vulnerable population within the prison. The performance targets are potentially compromised by shifting resources from a more effective community setting to the less effective prison setting. However, there are resources and staff within the prison, and dramatic improvements in smoking cessation activity within the prison could be envisaged. The effectiveness of the community smoking cessation service is also falling – a common phenomenon – as the target population of smokers becomes more challenging.

Marking Guide for Examiners

1. Has the candidate appropriately demonstrated presenting skills in a typical public health setting (presenting to a person or audience)?

Avoids jargon. Is clear. Appropriate language for the audience. Maintains eye contact. Appropriate manner for the situation. Shows empathy.

2. Has the candidate appropriately demonstrated listening skills in a typical public health setting (listening and responding appropriately)?

Ensures role-player questions are answered appropriately. Answers totality of the question. Manner of response appropriate.

3. Has the candidate demonstrated ascertainment of key public health facts from the material provided and used them appropriately?

Identifies the importance nationally of smoking cessation in the prison – activity data suggests that 53 clients were seen but that over 80% of the 550 (around 450) actually smoke – so significant unmet need. Very inefficient service (average of 2-3 clients per session). Identifies significant other health issues likely to be present. Identifies the current smoking cessation service is at maximum capacity, and that the targets for next year are more challenging, and that the effectiveness of the smoking cessation service is falling (35% first year, 24% second year) and that in more challenging settings (such as the prison) effectiveness is even lower (18% in first year audit). Weak performances will fail to identify these statistics.

4. Has the candidate given a balanced view and/or explained appropriately key public health concepts in a public health setting?

Identifies the dilemma of balancing high levels of activity and successful 4-week quitting rates for the service against meeting high levels of unmet need in more challenging settings (e.g. prison) when service capacity is fully stretched. Identifies that prison population is a mix of longer stay (more stable) and remand prisoners (where continuity of care is more difficult). Identifies that evidence-base for effective interventions may not be applicable in atypical settings – could seek published work.

Candidate recognises the need to engage and support the prison healthcare staff both with additional activity and training – developing the prison staff themselves to offer cessation and contribute to overall capacity. Good candidates will identify that affecting smoking culture and behaviour of nursing staff themselves in the prison may mean that implementing services utilising them may take time and delay performance targets.

5. Has the candidate demonstrated sensitivity in handling uncertainty, the unexpected, conflict and/or responding to challenging questions?

Candidate deals with initial expectation of additional service delivery and need to respond to the prison governor as well as showing understanding for the concerns of the performance manager.

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ROLE-PLAYER BRIEFING PACK

Station background

Prison staff are increasingly working more closely with health staff in the community to develop services. Part of this work includes harnessing public health specialists to help with health needs assessments in the prison, and the planning of services. There have been a range of documents from the government guiding and supporting this change, short extracts of some are included in the briefing pack.

Role Play Brief

You are taking the role of a performance manager for your statutory healthcare organisation which is responsible for managing the smoking cessation service. You know that the prison governor has written to your Chief Executive requesting more smoking cessation sessions are provided there, and your Chief Executive has indicated that they will respond favourably to that request. However, you have had a quick look at the performance targets and you are concerned that the performance of the smoking cessation service doesn't fall back as you are only just meeting current targets and the targets are rising next year.

The candidate is expected to share with you the fact that the smoking service needs to maintain high success rates (4-week quitters). If they move more services into the prison, 4-week quit rates look as if they will fall, because it is more difficult to get prisoners to stop smoking than other client groups out in the community. You should expect the candidate to cover the main points in their guidance and prompt them if they do not do so. In particular, there is considerable unmet need in the prison and a fresh model to engage prisoners would be likely to raise activity, and overall 4-week quitter rates.

Start the station by saying:

"Thanks for coming in. What is your view of the situation and what we should do?"

If they do not develop these ideas, you should say:

"It looks as if the prison service isn't very effective? Surely if we move services into the prison, performance will fall?"

If they do not develop this say:

"Could we think about any alternative ways of providing that service?"

Towards the end of the interview

"The prison hasn't completed a health needs assessment but I suppose that doesn't really matter as it is a minor performance target".

Expect that the candidate should encourage this work to be done. Finish the station by saying:

"Thank you for coming in. That concludes the station."

Any 'No Go' areas

None.

Level of conflict

Medium – challenge any suggestion that the service needs of the prison override the need to meet performance targets but be fairly easily swayed by the candidate proposing alternative solutions within the prison.