



## Five steps towards a smokefree NHS: Comprehensive local action

- 1 Baseline assessment**

What is the current smokefree status of your trust/your providers against the recommendations within [NICE PH48](#)? Complete the self-assessment audit tool for [acute](#) and [mental health](#) trusts.
- 2 Establish leadership across the system**

Ensure that all local stakeholders are engaged and committed to collaborative action. In order to realise savings it is essential that smokers are offered evidenced-based support to quit. PHE's [Menu of Preventative Interventions](#) and [Joint Strategic Needs Assessment commissioning prompts](#) for tobacco control support local health and care planning.
- 3 Develop your local influencing strategy**

Agree the key call(s) to action – eg “effective affordable treatment that’s everyone’s business”; “accelerate NHS sustainability by treating tobacco dependence at the core of care plans for patients”.  
Example: [London Clinical Senate programme - Helping Smokers quit: Adding value to every clinical contact by treating tobacco dependence](#).
- 4 Engage and empower the workforce**

Equip staff with [free online training](#) to provide very brief advice (VBA) on stopping smoking, offer immediate access to pharmacotherapies, and provide/refer to specialist help.
- 5 Focus on results**

Helping sick smokers to quit provides fast and [effective support](#) for NHS sustainability and the outcomes are directly linked to reductions in [mortality and readmission rates](#).

For more information and resources, search for PHE's '[campaign resource centre](#)' or email: [cleartobaccoteam@phe.gov.uk](mailto:cleartobaccoteam@phe.gov.uk)