smokefree
Derby & Derbyshire

Smoking in pregnancy

This document is intended to support you in having conversations about stopping smoking with pregnant people.

What resources are available?

We have produced:

1. Coping cards: A useful tool for managing stress.
2. A short animation: Provides a summary of the impacts of smoking and the benefits of not smoking.
3. A smoking in pregnancy pack that includes the following:
4. Stress Leaflet: This focuses on managing stress during pregnancy.
5. Vaping Flyer: Providing information about vaping during pregnancy.
6. Benefits leaflet: This focuses on the benefits of not smoking and stopping during pregnancy.
7. Journal: This supports women during their quit journey.

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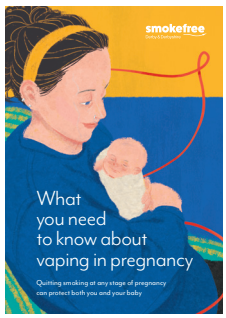
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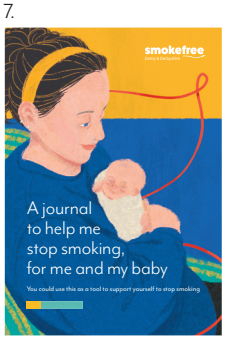
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Your role: Having a reassuring conversation

Ask:

- Check if they have a few minutes to talk
- Gently ask if they smoke
- See if anyone in their household smokes

Advise:

- Let them know that stopping smoking can improve the their health and wellbeing
- Share that it can reduce harm to them and their baby during pregnancy, at the point of birth and beyond
- Inform them that there's free, friendly help available
- Share that they are three times more likely to stop for good with support
- Inform them that creating a smokefree home can protect their baby from secondhand smoke, and help them feel more in control, healthier and stronger

Act:

- Explain that as part of her maternity care an opt out referral will be made to the maternity tobacco dependency team
- Provide them with resources, including the details for local support
- Share with them that these services are free and can provide support to stop smoking
- In addition you can reassure that friends, family, and household members can also be supported to quit.

It's never too early or too late in your pregnancy to stop smoking.

And if you smoke, you are not alone on your journey to stopping. There is free, local support available to you, your partner and other family members in the household who may smoke.

What should you expect?

- Non-judgemental support from a Pregnancy Tobacco Dependency Advisor
- Support over the phone or in person
- Free quit tools
- Carbon Monoxide testing
- Stress management
- Support during your pregnancy and beyond

Refer to Tobacco Dependency Treatment Services

In your role, you are not expected to offer stop smoking support yourself. Your role is simply to listen, show care, and refer towards the help and advice available from the tobacco dependency treatment team.

Their contact details are:

Chesterfield Royal Hospital
CRHFT.tobaccoreferral@nhs.net

Royal Derby Hospital
For Maternity professionals:
send referral via Badgernet to both ***uhdb.tobaccodependencymidwife@nhs.net*** and ***uhdb.stopsmoking@nhs.net*** recipients.
For non-Maternity professionals please email both inboxes directly.

Post Natal Support

If you are supporting someone who has recently given birth then a post-natal referral for support can be made to the health visiting team for Derbyshire residents and Livewell for Derby residents.

Derbyshire residents
dchst.smokingcessationHV@nhs.net

Derby City residents
Royal Derby Hospital: Send referral through Badgernet and add ***livewell@derby.gov.uk*** as an additional recipient. Also include ***uhdb.tobaccodependencymidwife@nhs.net***.
Please include in the comments box this is a post-natal referral so it appears in the body of the email.

Support from the NHS Maternity Tobacco Dependency Team

The team offers free advice and support for adult pregnant clients wanting to quit smoking tobacco. They can provide support over the phone or in person.

The Team can provide information on the Smokefree Pregnancy Incentive Scheme that can provide financial incentives to quit for pregnant smokers.

They can provide free nicotine replacement therapy and will help to manage a person's cravings when trying to quit.

Understanding the context

When you understand the risks and impacts of smoking, it's easier to have supportive conversations about stopping smoking during a stressful and overwhelming time.

1. They may believe that smoking can offer relief from feelings of stress or low mood, but the opposite is true
2. Instead, smoking can trap people in a dependency cycle, and can increase anxiety, stress, lower mood and depression in the long term
3. Smoking during pregnancy and beyond can impact the health of a child. It can lead to low birth weight and pre-term birth, as well as increasing the risk of respiratory conditions, such as asthma, in young children
4. Secondhand smoke can harm the health of the pregnant person and their baby so creating a smokefree household is incredibly important

Benefits to the pregnant person and their baby:

1. Stopping smoking during pregnancy can reduce the risk of depression
2. Stopping smoking can improve their overall health, especially mental health
3. Women experiencing mental health challenges during pregnancy are just as likely as anyone else to quit smoking for good
4. By stopping smoking, they could save money to buy things for their baby

The risks of smoking during pregnancy.

Smoking can increase the risk of:

- Stillbirth
- Miscarriage
- The baby being born too soon
- The baby being born with a low birth weight
- SIDS - Sudden Infant Death Syndrome (cot death)
- Issues such as asthma

Continuing the conversation

The topic should be addressed frequently in your discussions, but if this is not received positively, you could make a judgement that now is not the right time, and try again next time. Know that you have tried your best and try not to let it impact your confidence in having conversations.