CAN A SMOKING CESSATION CLINIC TARGETED TO MARGINALISED CLIENTS IN KINGS CROSS, SYDNEY BE EFFECTIVE?

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Background: The Kirketon Road Centre (KRC) is a public primary health service in Sydney, providing care to marginalised populations and operates an Opioid Agonist Treatment (OAT) program. Up to 97.2% of patients engaged in an OAT program are current smokers. In a cohort seeking inpatient addiction treatment, 50.2% deaths were smoking related. With the population of substance users ageing this has been identified as a growing health issue for KRC clients.

Description of model of care: After consultation with service users, a weekly drop-in, nurse-led smoking cessation clinic was developed to provide evidence based smoking cessation education, support and nicotine replacement therapy (NRT). Data collected included mental health (Kessler K10) and carbon monoxide (CO) measures.

Effectiveness: 15 clients (6 female, 8 male and 1 transgender female) who had been smoking for an average of 31 years, participated in KRC’s smoking cessation program over 12 weeks from January to April 2019. The mean age was 50. The motivators to quit were health and financial reasons. 66% were current intravenous drug users. The treatment included a brief intervention and all received NRT. 11/15 received combination NRT. The average number of visits was 3 (range 2-10). The average number of cigarettes per day reduced from 18 to 5. This was reflected in a reduction in K10 and CO.

Conclusion and next steps: A smoking cessation clinic within marginalised populations can be effective and desired by clients. Next steps include training all staff in the program delivery and its integration into the standard of care.

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