

DENNIS'S STOP SMOKING SUCCESS STORY

Treating Tobacco Dependency (TTD), a new standard of care in the NHS, is a growing service at Derriford Hospital (UHP) which offers important support to people who normally smoke by helping them be comfortable in the smoke-free hospital environment. It helps manage the symptoms of nicotine withdrawal by providing appropriate nicotine replacement therapy (NRT) and support.

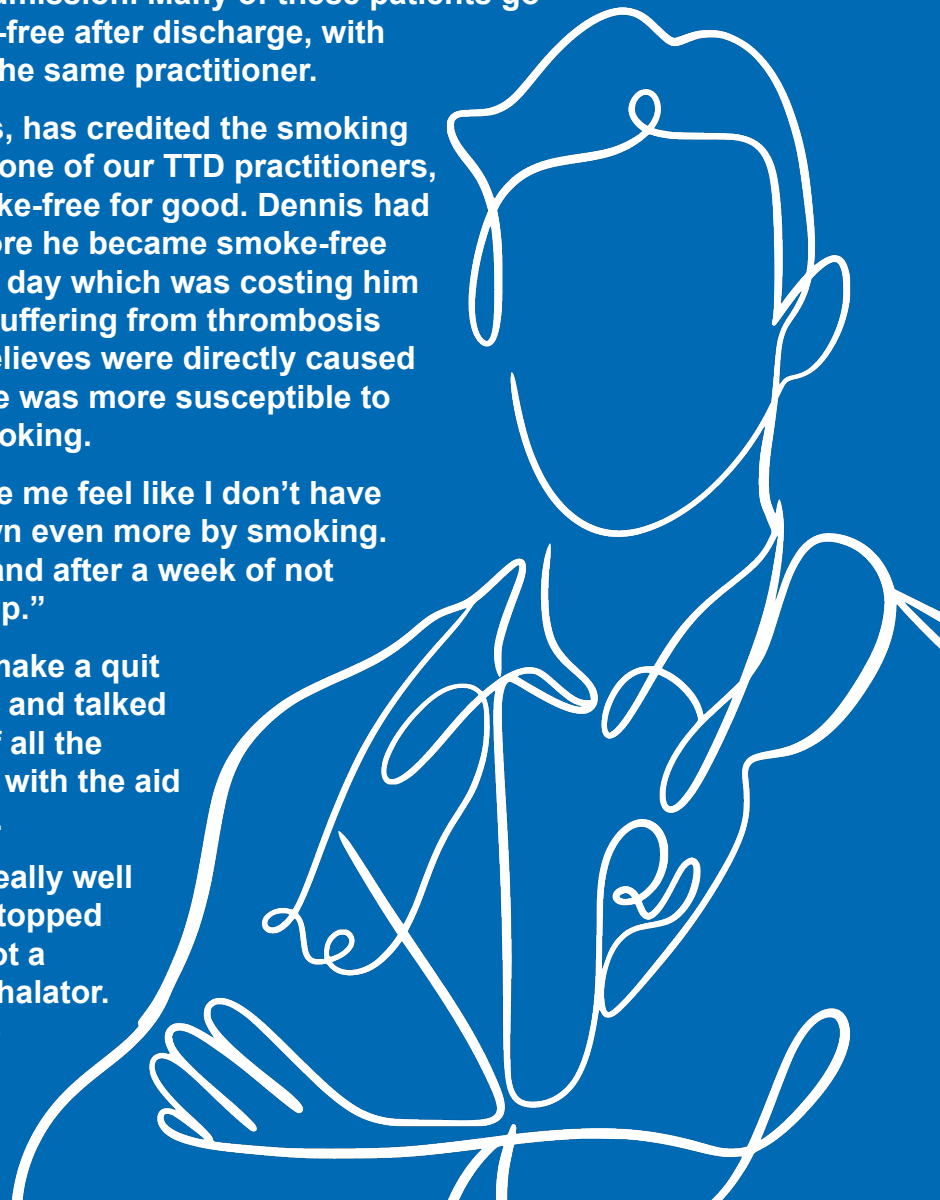
If patients can have a smoke-free admission they recover faster, are discharged sooner and significantly reduce their risk of readmission. Many of these patients go on to choose to remain to be smoke-free after discharge, with community follow-on support from the same practitioner.

An in-patient on Hartor ward, Dennis, has credited the smoking cessation support he received from one of our TTD practitioners, Nora, with helping him become smoke-free for good. Dennis had been smoking for 55 years, and before he became smoke-free was smoking around 40 cigarettes a day which was costing him roughly £200 a month. Dennis was suffering from thrombosis and pneumonia, both of which he believes were directly caused by his smoking habit. Feeling that he was more susceptible to ill-health, he knew he had to quit smoking.

Dennis said: "Being in hospital made me feel like I don't have much time left and I'm cutting it down even more by smoking. I could not smoke while in hospital and after a week of not smoking, I asked for help to give it up."

After Dennis expressed a desire to make a quit attempt, Nora visited him in hospital and talked through all the NRT available. Out of all the options, he decided to quit smoking with the aid of nicotine patches and an inhalator.

Dennis said: "The patches worked really well and helped me with the cravings. I stopped using the patches and whenever I got a craving for a cigarette, I'd use the inhalator. When I was smoking, I'd go onto the balcony for a cigarette but now, instead of smoking, I use my inhalator whenever I get cravings and it really helps."



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Dennis admitted that he was alarmed when he'd looked in the mirror and caught a glimpse of his discoloured brown tongue and yellowing teeth, saying: "I'm so glad I don't have a brown tongue anymore and my teeth are a lot whiter. My wife even says that my skin looks better too."

As well as noticeable improvements to his physical appearance, Dennis is also enjoying the significant health benefits associated with giving up smoking, saying: "My breathing is so much better. Before I could not make it up the stairs without needing to stop for a rest. I can now walk upstairs with no problems. I also have a huge garden that's on an uphill slope, maintaining it is so much easier."

Dennis expressed how much he valued Nora's guidance and encouragement: "I don't think I could have given up without her. It was nice to speak to someone about what I was going through, and I felt like she genuinely cared which is a big help. If I was worried about something I knew I could talk to her about it."

Now a former smoker, Dennis has become a powerful advocate for quitting, sharing his personal story to inspire others to give quitting a go, saying: "I used to have a terrible attitude towards people who complained about my smoking. At the time I didn't realise how stupid I was being. Now I've quit, it's me who's encouraging others to quit."

Clearly, quitting smoking has been a positive change in Dennis's life. He is now determined to remain smokefree and is grateful for the support he received from Nora in helping him achieve it.

Nora said: "It was such a pleasure to support Dennis, having met him initially on Hartor Ward during his hospital stay. As he engaged with me in a series of Smoke Free support phone calls over 12 weeks after his discharge from hospital, it was great to hear how committed he remained to being smoke free and to hear him speak about the many benefits he was gaining. I was especially moved when Dennis told me that he thought he would never be free of cigarettes and how pleased he is now to be a non-smoker."

Ask your nurse or doctor about the **Tobacco Dependency Treatment Service** or email plh-tr.ttdservice@nhs.net to find out more about what support is available to you.

Contact details for local Stop Smoking Services:

One You Plymouth: 01752 437177

Healthy Cornwall: 01872 324200

Stop for Life Devon: 0800 122 3866

Your Health Torbay: 01803 422422