

Smoking cessation in those experiencing homelessness in GB: e-cigarette provision versus usual care

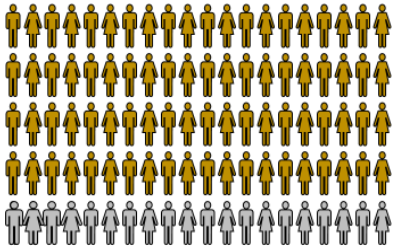
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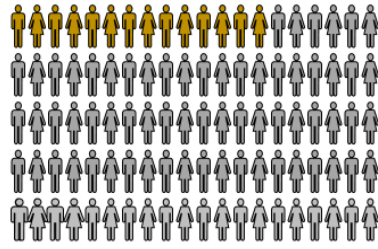
Most people who experience homelessness smoke or used to smoke

1. Soar K, Dawkins L, Robson D and Cox S. (2020) Journal of Smoking Cessation. 15 (2), pp. 94-108.

Up to 82% of people who experience homelessness smoke¹



Compared with ~14% from the UK wider general population

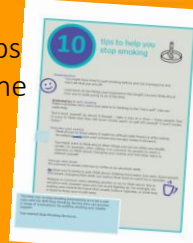


However, desire to quit is no different

Dawkins L, Ford A, Bauld I, Balaban S, Tyler A and Cox S (2019) Addictive Behaviors. 95 (2019), pp. 35-40.

Aims: To compare

- The provision of an **e-cigarette (EC) starter kit** and e-liquids offered at centres with **signposting to Stop smoking service** (usual care, UC)
- quit rates at 6-months across the 2 groups
- changes in risky smoking practices and the cost of the interventions
- how staff manage and deliver the interventions



How we're doing it: RCT Trial

- Centres in either EC (n=16) or UC (n=16) i.e. cluster trial
- Train staff at homeless services in Level 1 Smoking Cessation
- 480 participants; 15 smokers from each service assessed at baseline and 4, 12 and 24 week follow ups.
- Baseline Carbon monoxide (CO) reading, Nicotine dependence score (FTCD) smoking & vaping history, service utilisation and general health (EQ5DL) survey



Lessons learnt:

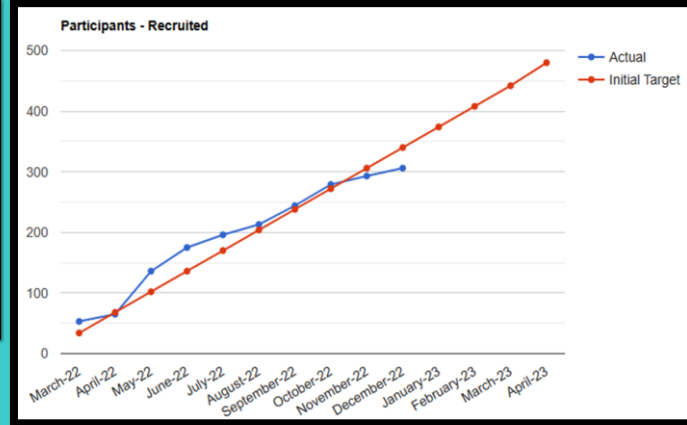
- Training has been helpful for staff. The intervention can be delivered with ease
- Homeless clients are interested in addressing smoking
- Some participants went on to buy a preferred e-cig device
- Independent services more likely to engage in the research trial
- Requires working pragmatically with services and client group

Planned work 2023/24

- Recruit 4 more homeless services
- Train staff in 8 services
- Recruit and deliver intervention to 187 smokers
- Disseminate to clients and services by developing:
 - YouTube Videos
 - Sparks Page
 - Posters
 - Network event
 - Quarterly Newsletters
- Discuss rollout of intervention with stakeholders

Progress and Impact:

Smoking training: 150 staff across 24 centres



Retention rates

4-week = 69% 12-week = 57% 24-week = 60%



"Thank you for fitting in so well with the centre while carrying out your research, I know the clients liked seeing you each time even if they weren't participating in the study!"

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