Improving Scottish Antenatal Care Services for Women who Smoke During Pregnancy

Aims

The Scottish Maternity and Children Quality Improvement Collaborative (MCQIC) aims to improve outcomes and reduce inequalities by providing a safe, high quality experience for all women, babies and families. MCQIC has three improvement aims related to smoking in pregnancy:

- offer 95% of women carbon monoxide (CO) monitoring at booking
- refer 95% of women with a CO level of > 4ppm to smoking cessation services, and
- provide a tailored package of care to 95% of women who continue to smoke during pregnancy.

Background

There is evidence for the effectiveness of automatic ‘opt out’ referral pathways in increasing engagement of pregnant women and resulting in larger numbers quitting.

Methods

Using the model for improvement, maternity units have been testing ‘opt out’ as a means to ensure referral to smoking cessation service (Figure 1).

Results

Work conducted to date has resulted in:

- collection of data on the referral of women to smoking cessation services (Figure 2), and
- opportunities to identify how to improve referral processes to smoking cessation services.

Next steps

- NHS boards continue to improve processes to refer pregnant women who smoke to smoking cessation services.
- Focusing on supporting women who do not take up the referral to smoking cessation services.
- Continued collaboration with smoking cessation services and other national programmes to reduce the number of women who smoke during pregnancy.
- Continued co-operation with Scottish Government tobacco policy leads and NHS Health Scotland (Scotland’s health improvement agency) to help improve MCQIC’s theory of change.