

ENABLING PARENTS TO REDUCE CHILDREN'S EXPOSURE TO SECOND-HAND SMOKE IN WEST DUNBARTONSHIRE: Air quality - a tool for change

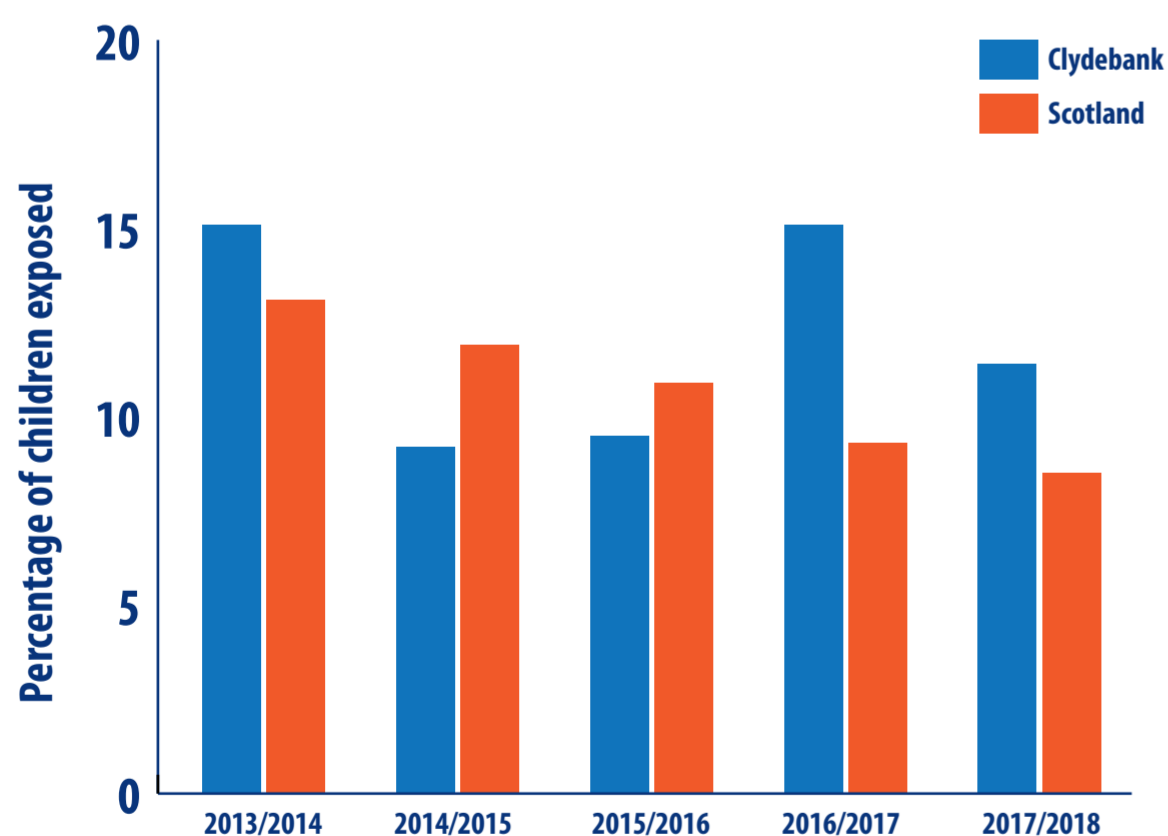
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AIM

This project aimed to establish whether use of an air quality monitoring device would enable a health visiting team and families to reduce children's exposure to second-hand smoke.



In Clydebank, West Dunbartonshire, the reported rate of exposure to second-hand smoke increased in 2016/17. Despite the fact it has fallen it remains above the Scottish average.



1 Percentage of children reported as exposed to second-hand smoke at 27 - 30 month assessment

METHODS



The health visiting team identified two families that had self-reported smoking in the home and expressed concerns about their children's exposure to second-hand smoke.

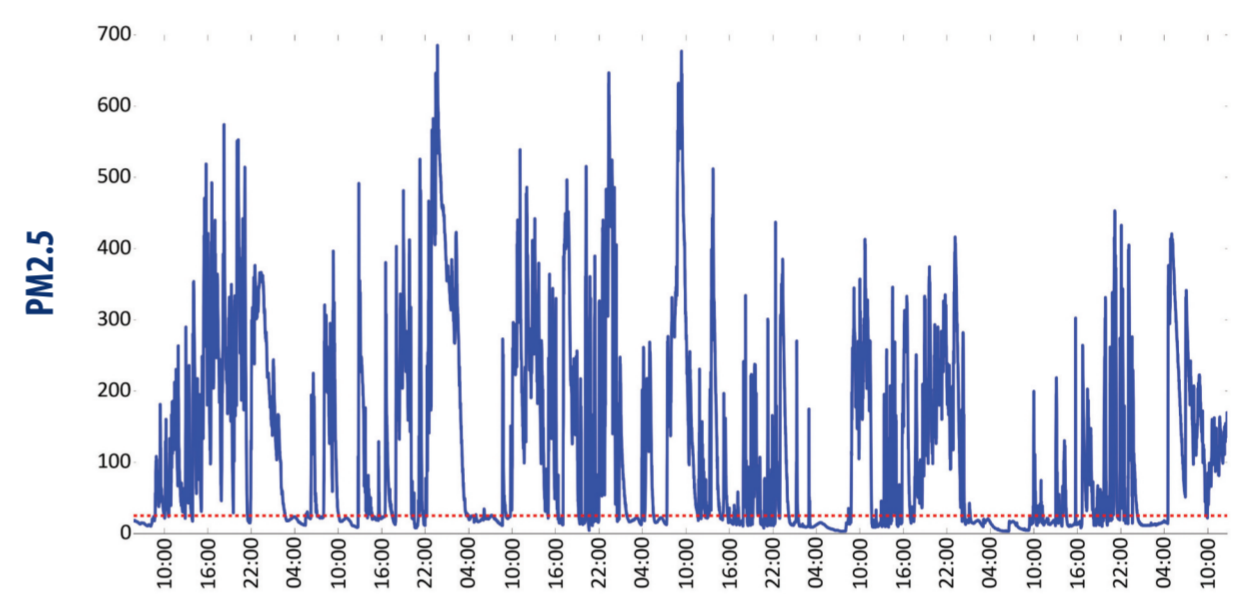
Both families agreed to use an air quality monitor and receive a report of the data recorded in their homes.

2 Dylos air quality monitor

OUTCOMES/RESULTS

The monitor measures particles of second-hand smoke in the air known as PM2.5. The blue line shows levels measured in the home. The red line represents the World Health Organisation guidance level for particle matter. Fine particle levels in this home were mostly above the WHO guidance.

Air quality in your home - whole time



3 Example of air quality chart produced

A health visiting team member shared the reports and talked with the families about changes they could make to smoking in their homes. Subsequent visits observed changes and saw they were maintained in one family, including one person who has accessed smoking cessation support and hopes to quit soon.



“The Dylos gave me another way to talk about second-hand smoke. The report helped to visualise what was happening when smoking took place inside, and helped the family make plans for changes”

JACKIE - COMMUNITY NURSERY NURSE

“My colleagues in another team are interested in using the Dylos with their families. They have heard how good a tool it is to aid conversations about second-hand smoke which we can use at the right time for each family”

DEBBIE - HEALTH VISITOR

CONCLUSIONS

The visual air quality report gives strong feedback to the family which can encourage a change in their smoking behaviour. Use of the Dylos machines as part of the well established relationship between the health visiting team and the families can enable parents to reduce children's exposure to second-hand smoke. Plans are underway to provide Dylos machines to all health visiting teams in West Dunbartonshire to test this further.

ACKNOWLEDGEMENTS

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