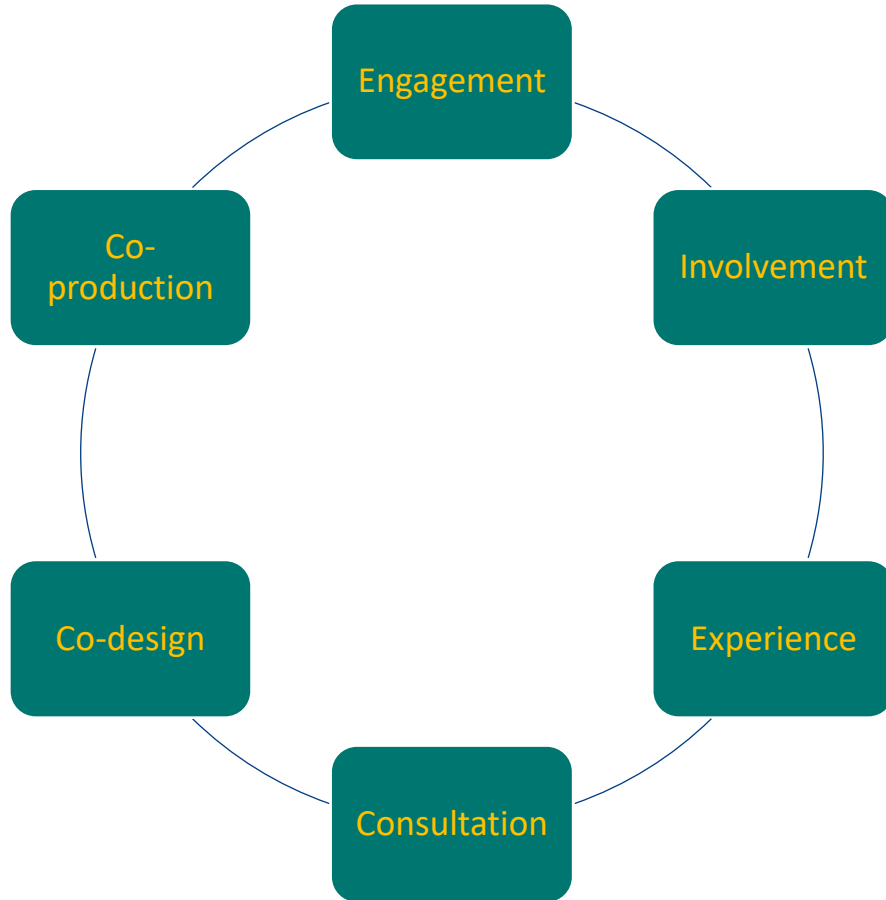


January 2021 and beyond  
Achieving the National Aim for Smoke-free Pregnancies

Wessex

**Patient  
Safety  
Collaborative**

**University Hospitals Dorset & Dorset County Hospital**



**ICOquit™ Smokerlyzer®**  
Your personal CO monitor, to help you quit smoking, one breath at a time.

CO monitoring made easy

**Features and Benefits**

- Connects to your smartphone via Bluetooth®
- Monitor your quit smoking progress
- Quick breath test, instant results
- Share your progress with your advisor, friends, and more
- Use anytime, anywhere
- Become smoke-free

Available on Google Play and the App Store.

## Pan Dorset QI iCO project-Evidence based CO design

### Our aim;

- **Improve engagement rates from;**
  - Poole 85% to 95%
  - Bournemouth (MSW pilot) 71% to 85%
  - Dorchester 50% to 85%
- **Improve 4 week quit rates from;**
  - Poole 53% to 75%
  - Bournemouth (MSW pilot) 60% to 75%
  - Dorchester 60% to 75%
- **Reduce SATOD rate from;**
  - Poole 8.2% to 7.3%
  - Bournemouth 11.6% to 10.5%
  - Dorchester 12.4% to 11.5%

**Our project scope;**

- Pregnant smokers and/or their smoking significant others who are motivated to quit (60 total)
- Poole 34
- Bournemouth 6
- DCH 20
- Face to face appointments to discuss the use of the CO machine/App
- Set up the App (patient)
- Access and monitor progress regularly (staff)

**Rationale for choosing this project;**

- Limited time to plan for MatNeo, this QI project was already upcoming

### Anticipated benefits to patients and staff;

- Patients; Motivational whereby the pregnant smokers/sign other can check on their own progress a couple of times a day and share this with SiP Midwife/MSW, their family/friends
- Patients will receive motivational text messages and reminder notifications
- Staff; Fast access to results. Allows us to praise the pregnant smoker, if going well. Allows earlier opportunity to support & encourage those who are struggling when traditionally they haven't informed us.

### Deliverables and expected changes;

- The service user can check their CO level as many times a day as they want during the 12 week pilot compared to weekly for the first 4 weeks, fortnightly after (or not at all if Covid is affecting the SiP service provided)
- Expected changes; increase in engagement, quit and SATOD rates