

# Development of a Sustainable Model to Embed Smoking Cessation Interventions in an Australian Health Service: A Systems Thinking, Co-Design Approach

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## Introduction

Smoking cessation is a global public health priority with established benefits for those with/without a cancer diagnosis.

'Ask, Advise, Help' (AAH; Figure 1) is a model that supports clinicians to engage with patients about smoking cessation, and is endorsed by national peak organisations.

Implementation of this model within routine care remains a challenge, and there is limited evidence of the application of systems dynamics theory to the issue.

Figure 1: Ask, Advise, Help (AAH) Model

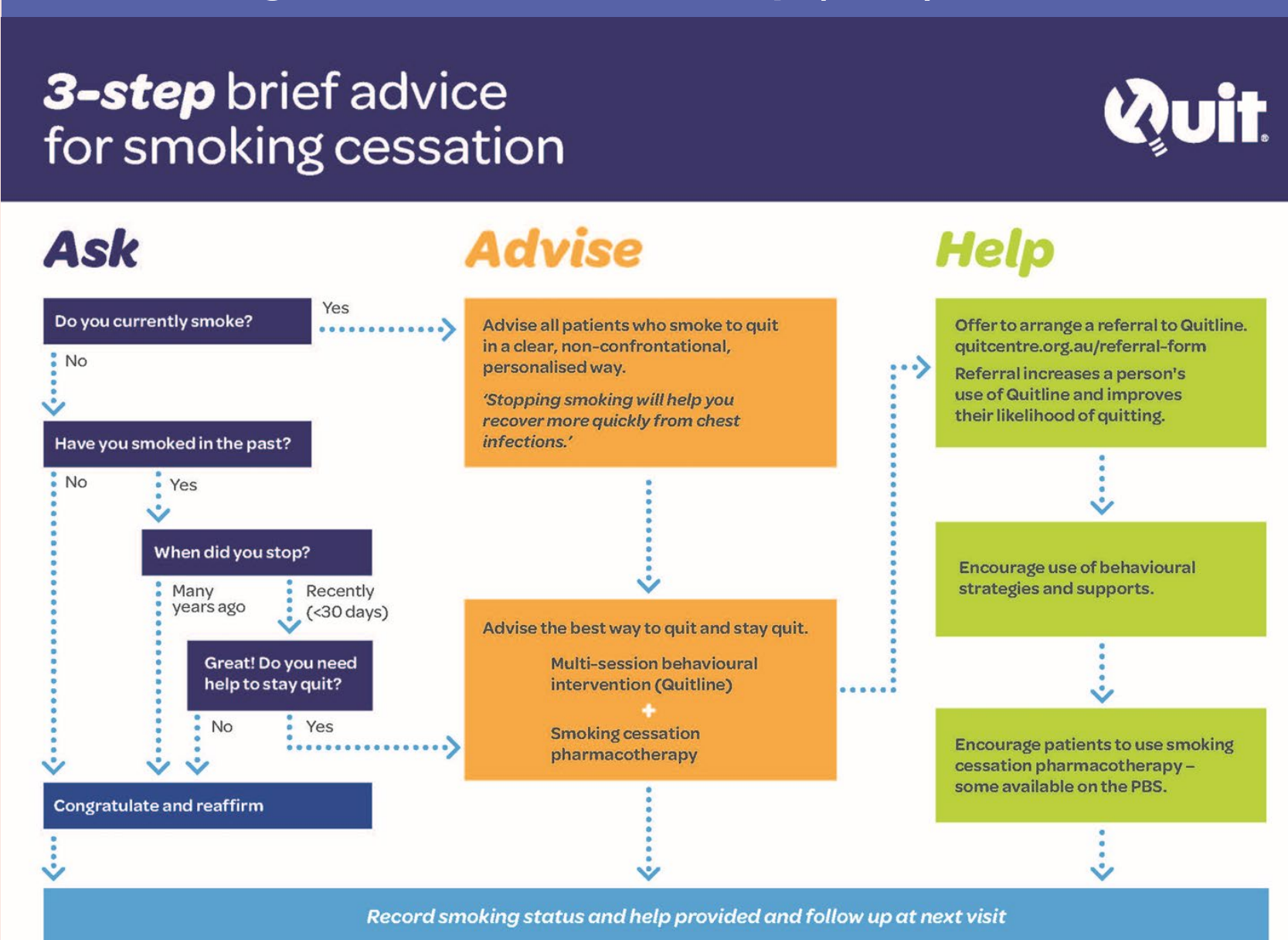
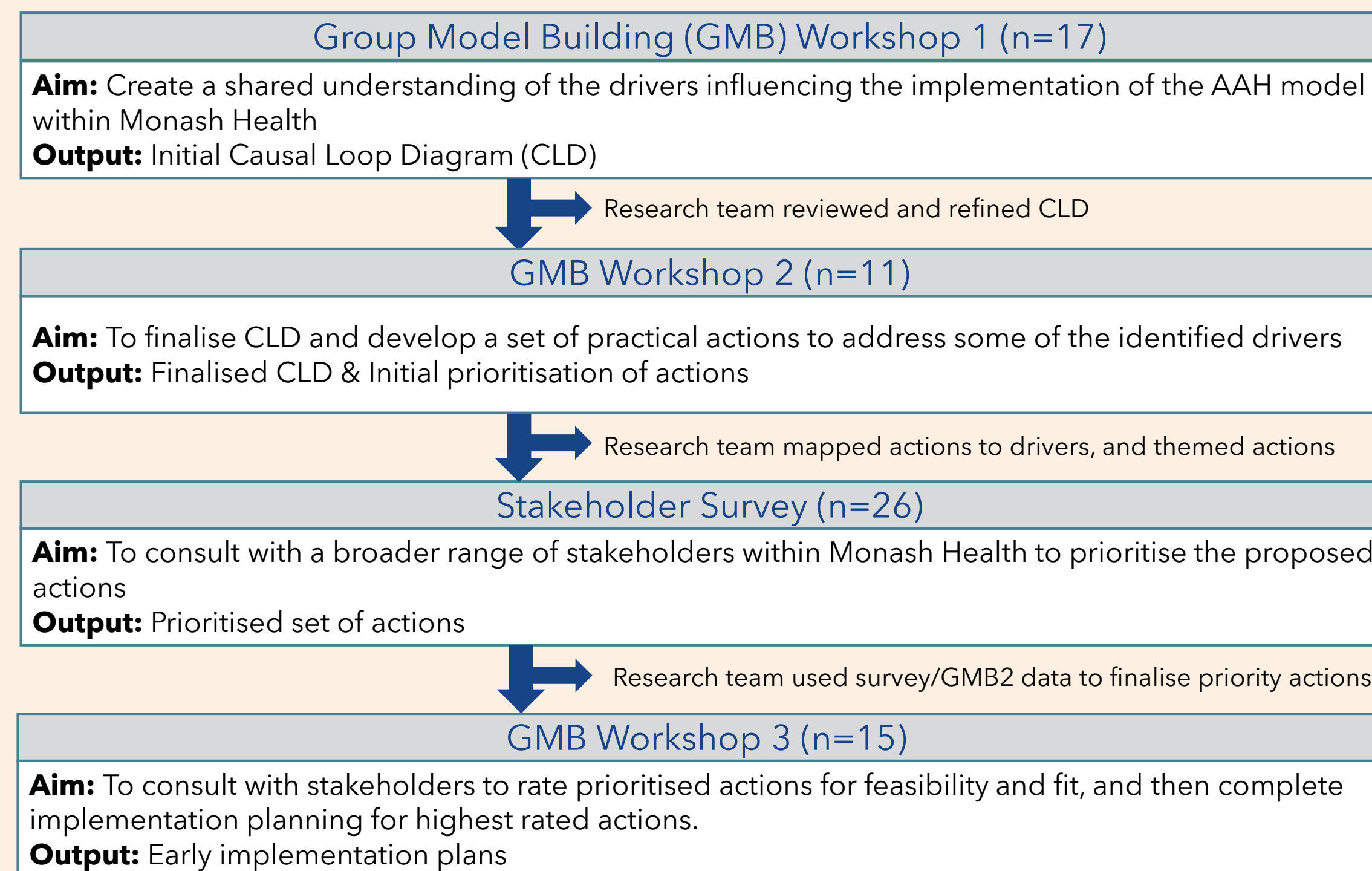


Image source: <https://www.quit.org.au/how-support-your-client/colleague-become-smoke-free>

## Methods

Researchers partnered with key stakeholders, including staff and consumers, to understand the current system and co-design actions that could support routine implementation of the AAH model within Monash Health, the largest public health service in Victoria, Australia.

Figure 2: Study design - GMB workshop series and stakeholder survey



We utilised Group Model Building (GMB), underpinned by systems dynamics theory. The GMB process (Figure 2) involved three online group workshops, supported by Deakin University's systems modelling software, Systems Thinking in Community Knowledge Exchange (STICKE). Within these workshops, stakeholders were guided through the process of creating a causal loop diagram (CLD), which was used to identify potential actions, and develop early implementation plans.

## Results

The final CLD encompassed 21 factors perceived by stakeholders to be driving or impeding implementation of the AAH model at Monash Health. The most favoured actions within each action area are detailed in Table 1.

Table 1: Three key action areas and their most favoured actions

Action area	Most favoured actions
Enhanced smoke-free treatment options and pathways of care	Establishment of a dedicated smoke-free clinic.
Improved staff education and training	Communication skills training.
Enhanced smoke-free communication	Creation of electronic medical record templates to document smoking cessation care.

## Conclusion

A multifaceted range of actions is required to address key drivers influencing the implementation of brief smoking cessation models of care. This project provided a blueprint for co-designing actions tailored to the unique contexts of individual healthcare services.