



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board



Tîm Gwella Iechyd a Llesiant

0300-303-9652

Health Improvement and Wellbeing Team

Cefnogi pobl ifanc â
dibyniaeth nicotin

Supporting young people
with a nicotine addiction

Cath Einon

Bwrdd Iechyd
Prifysgol Hywel Dda

Hywel Dda University
Health Board



"Roedd yn sioc bod yn onest gyda chi, doeddwn i ddim yn disgwyl iddyn nhw [staff yr ysgol] ddweud, 'rydyn ni'n mynd i'ch helpu chi'," meddai Emma.

"Roeddwn i'n disgwyl iddyn nhw ddweud, 'mae yna gosb, felly os ydych chi'n gwneud hyn yna rydych chi'n anghywir ac rydych chi'n ddrwg', ac rydw i jest yn meddwl ei bod hi'n anhygoel bod y staff wedi ein helpu ni mewn gwirionedd."

"It was a shock to be honest with you, I didn't expect them [school staff] to say, 'look we are going to help you'," Emma said.

"I expected them to say, 'there is a punishment, so if you do this then you're wrong and you're naughty', and I just think it was amazing that the staff actually helped us."

Cyfleoedd Opportunities

Student	No shows		Lateness		Caught smoking		Behaviour	
	Pre intervention	Post intervention	Pre intervention	Post intervention	Pre intervention	Post intervention	Pre intervention	Post intervention
J	63	11	25	14	0	0	0	0
K	20	4	47	3	3	1	0	0
L	0	0	0	0	0	0	75	6

- Data above was taken for a 6 weeks prior to treatment was compared with the 6 weeks following treatment commencement

Mae symptomau rhoi'r gorau i nicotin yn cynnwys

Nicotine withdrawal includes

Anniddigrwydd / rhwystredigaeth, pryder, anhawster canolbwytio

Aflonyddwch, cur pen

Irritability/ frustration, Anxiety, Difficulty concentrating

Restless, Headaches

Posteri fêpio Vape posters



<https://bit.ly/3xFKZcq>



Ymyrraeth Fêpio blwyddyn academiaidd 22/23 Bwrdd Iechyd Prifysgol Hywel Dda.

Hywel Dda University Health Board Vape Intervention. Academic year 22/ 23

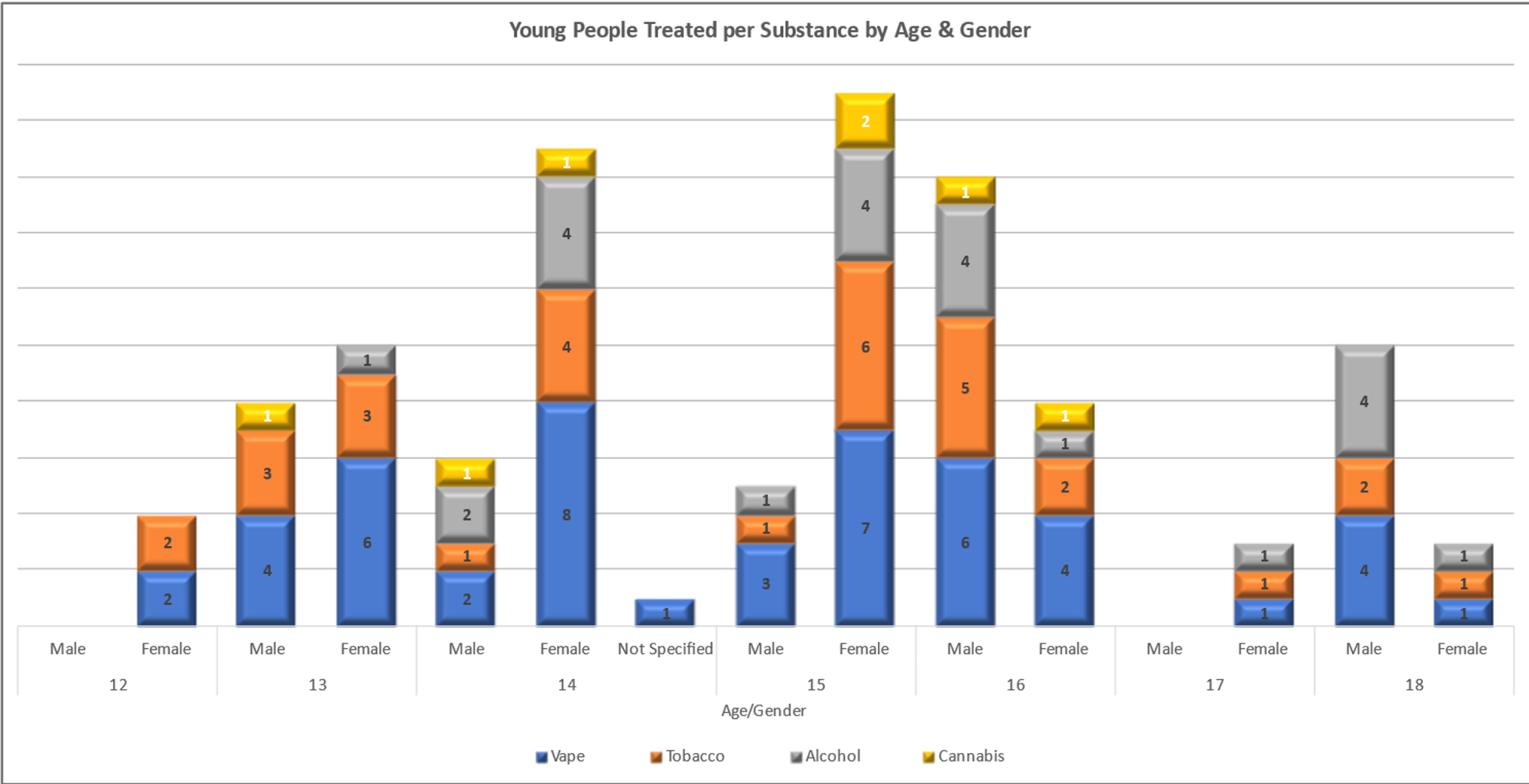
Results

	Total
Total Referrals	83
Number attending a formal assessment	60
Engaged in treatment	49
Requesting harm reduction support	23
Those who quit smoking/ Vaping	17
% abstinent from total treatment group	34.7%
% abstinent removing the harm reduction group	50%

- Ymgysylltu ag ysgolion i rannu'r polisi di-fwg a chanllawiau gorfodi
- Codi ymwybyddiaeth o'r cymorth sydd ar gael i'r rhai sy'n ei chael hi'n anodd ymatal
- Annog nodi'r myfyrwyr hynny a oedd yn cael anawsterau wrth ddilyn polisi'r ysgol ac a oedd yn debygol o fod yn ddibynol ar nicotin.
- Trafod dibyniaeth ar nicotin a diddyfnu a chynnig mynediad at gymorth
- Darparu cefnogaeth ymddygiadol a therapi amnewid nicotin i gynorthwyo gyda rhoi'r gorau i fêpio neu ysmygu
- Ar gyfer y rhai sy'n anfodlon neu'n methu ag ymrwymo i ymatal yn llwyr, cynnig ymyriad lleihau niwed i'w helpu i reoli'r diwrnod ysgol ac osgoi tynnu'n ôl neu gosb.

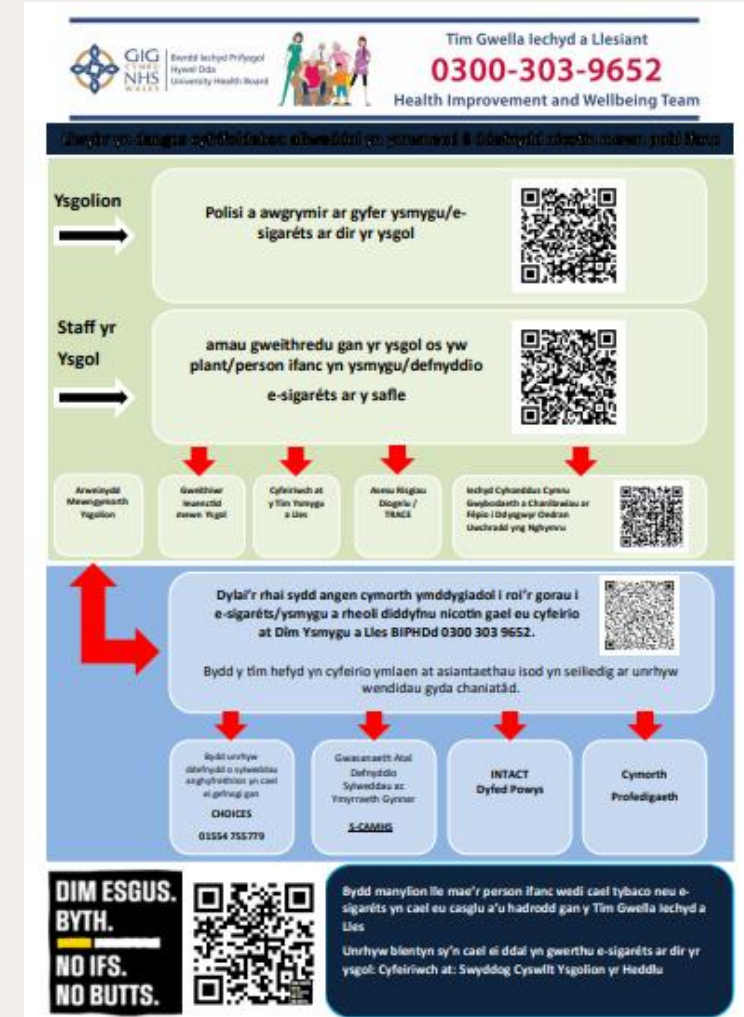
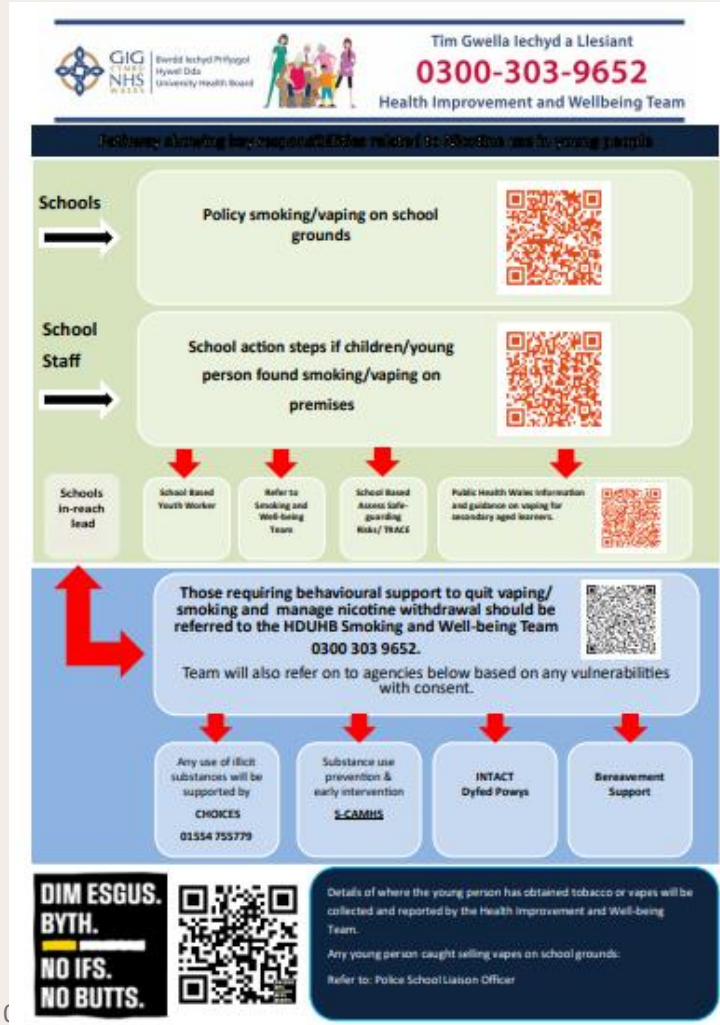
- Engage with schools to share the smoke free policy & enforcement guidance
- Raise awareness of the availability of support for those struggling to abstain
- Encourage identification of those students who had difficulties following the school policy and were likely to be nicotine dependent.
- Discuss nicotine addiction and withdrawal and offer access to support
- Provide behavioural support & Nicotine replacement therapy to assist with quitting vaping or smoking
- For those unwilling or unable to commit to complete abstinence offer a Harm reduction intervention to help them manage the school day and avoid withdrawal or punishment

Young People Treated per Substance by Age & Gender



Iwybr sy'n dangos cyfrifoldebau allweddol sy'n gysylltiedig â defnyddio Nicotin mewn Pobl Ifanc

Pathway showing key responsibilities related to Nicotine use in Young people



Diolch am wrando

Thank you for
listening