

Making Every Contact Count

This Library bulletin provides further reading to support the 'Making Every Contact Count' programme.

There are links to recent research papers and articles in each of the MECC areas to give you further background information and evidence to consolidate what you have learned in your training, and to give you ideas and confidence for using MECC in your day-to-day encounters.

For further information and to access the MECC training modules, please visit the Making Every Contact Count page on the intranet:

<http://portals/MECC/layouts/15/start.aspx>

Access to articles

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Smoking Cessation

[A novel role for vaping in mitochondrial gene dysregulation and inflammation fundamental to disease development](#)

Tommasi S, Pabustan N, Li M, Chen Y, Siegmund K, Besaratinia A. *Scientific Reports*. 2021 Nov;23 (11)

[Views about integrating smoking cessation treatment within psychological services for patients with common mental illness: A multi-perspective qualitative study](#)

Health Expect. Taylor GMJ, Sawyer K, Kessler D, Munafò MR, Aveyard P, Shaw A. 2021 Apr;24(2):411-420.

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Ho LLK, Li WHC, Cheung AT, Xia W. *J Adv Nurs*. 2021 Aug;77(8):3331-3342.

[The delivery of smoking cessation interventions by nurses who smoke: A meta-ethnographic synthesis](#)

Zhang S, Jose Duaso M. *J Adv Nurs*. 2021 Jul;77(7):2957-2970.

[Breastfeeding with Smoking Cessation Products](#)

Anderson P *Breastfeeding Medicine*; Oct 2021; vol. 16 (no. 10); p. 766

[Integrating a simple and brief home-based exercise programme within a UK stop smoking service: A mixed method feasibility study](#)

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DiSilvio B, Baqdunes M, Alhajhusain A, Cheema T. *Crit Care Nurs Q*. 2021 Jan/Mar;44(1):33-48.

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[Up in smoke The impact of smoking on health and economic activity.](#) Mayhew L, Dimitriadis S, ILC . 2021.

[England: Smoking responsible for twice as many cancers in most deprived groups.](#) Cancer Research UK. August 2021.

[Smoke-Free Vehicles Tied to Fewer Early Childhood Asthma Hospitalizations.](#) Rapaport L. Medscape August 3 2021.

[Delivering a Smokefree 2030: The All Party Parliamentary Group on Smoking and Health recommendations for the Tobacco Control Plan 2021.](#) London: APPG on Smoking and Health. 2021.

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[NHS Digital Weight Management Programme backed by £12m.](#) Jackson J- National Health Executive. 2021 July.

[Obesity: the biggest public health challenge facing nursing this century.](#) Newland R, Blackshaw J, Waterall J. Br J Nurs. 2021 May 27;30(10):608-610

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Physical Activity

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