# SMOKING CESSATION GUIDELINES FOR HEALTH PROFESSIONALS

**Developed Jan 2000** 

# **QUALITY STANDARDS**

### Minimum Intervention (see over)

- · Assess smoking status & record.
- · Advise to quit,
- · Offer help & support in quitting,
- Refer those interested in stopping to nearest cessation advice.

### **Brief Advice**

- · Set a quit date,
- Review action plan in leaflet: Stopping smoking made easier
- Identify social support,
- Suggest NRT, refer to pharmacist,
- Urge calling Quitline for help if needed.
- · Arrange follow up, 1 week of quitting.

# Intermediate Advice

In addition to brief advice:

- Review previous quit attempts,
- Develop strategies for trigger situations,
- Discuss weight control / exercise,
- Advise on coping with cravings,
- · Arrange ongoing follow up.

# Intensive Advice

 Refer selected patients to Specialist Cessation Service, if available.

# ASSESS MOTIVATION TO STOP SMOKING

How do you feel about smoking?

# 1. Non-smoker!

"I have no desire to smoke."

# 6. Contented Ex-smoker

"I stopped over 6 months ago."

5. Recent

"I've stopped in the last 6 months."

# 2. Contented Smoker

"I have no desire to stop!"

# 3. Concerned Smoker

"I would like to stop someday."

# 4. Planning to Stop!

"I really want to stop now."



# ONE 2 ONE GUIDE MINIMUM INTERVENTION

### ONE TOOL

The chart (overleaf) provides a friendly way of identifying smoking status & stage in the process of stopping smoking.

### 2 STEPS

1) Ask: How do you feel about smoking? to assess smoking status & stage in stopping. 2) Give motivational message.

### ONE MINUTE MESSAGE

See Step 2 for brief messages for each stage in the process of stopping smoking.

### Minimum intervention:

- 1. Assess smoking status and record information.
- 2. Give a brief personalised message to stop and refer those interested in stopping to the nearest cessation adviser (a person trained in cessation methods, with skills in problem solving, coping strategies, social support).

If a cessation adviser is not available within your team, contact your local health promotion service for information about smoking cessation support within your area; suggest the patient phone the free Quitline

0800 169 0 169 or the NHS Information Service 0800 66 55 44

# STEP NE

Assess smoking status (over) and record information

Use the following Read Codes to record smoking information:

### 137 **Smoking Status: Record Stage of Change:**

- 1371 1. Never smoked 2. Contented smoker 137R 137C 3. Concerned smoker
- 137G 4. Planning to stop now 137L
- 5. Recent ex-smoker 1375 6. Ex-smoker >6 months

Smokers expect to be asked about smoking by their doctor. They welcome friendly assessment of their feelings about stopping smoking and an offer of positive support when they decide to quit.

# Stepped Care Approach:

For the most cost effective intervention, offer the least expensive treatment likely to help a smoker quit.

# STER WO

Advise smoker to stop Ask motivational question Give a brief message

1. Non smoker - applaud for not smoking

Ask patients under 25: "Are you under any pressure to start smoking?" Urge staying a non smoker.

"I am pleased you do not smoke. Try to resist any pressure from others to start."

2. Contented smoker - advise stopping "Is there any way at all in which you would be better off if you didn't smoke?"

"Quitting smoking is the single best thing you can do to improve your health. I appreciate you have no desire to stop now but if you do decide to quit, we will help you all we can."

3. Concerned smoker - advise stopping soon "What do you think would help you stop?"

"I am glad that you want to quit some day. I would like you to think about at least trying to stop soon, e.g. within 6 weeks. We will help you all we can."

4. Planning to stop - arrange help in stopping

"Would you like to know about the support available to help you stop?" "I am pleased that you want to stop smoking now. I suggest you see our practice nurse/ ward nurse for some helpful tips and to set a quit date."

5. Recent ex-smoker - applaud for stopping

"Do you need any more help in staying stopped?" If so either arrange appt. with cessation adviser or suggest calling free Quitline - 0800 169 0 169.

"I am pleased that you have stopped smoking. The important thing is not even having 'just one puff' or you may start smoking again."

6. Contented ex-smoker - applaud for staying stopped.

"Why did you stop?" to reinforce reasons for stopping.

"I am pleased that you have become a nonsmoker. The important thing is not even having 'just one puff' or you may start smoking again."

Clinical Guidelines on Nicotine Replacement Therapy (NRT)

· Clinical trials have shown that NRT doubles rates of smoking cessation. This is true even if smokers have used it before and did not succeed in stopping

NRT helps lessen the physiological addiction e.g. craving and withdrawal symptoms; it is beneficial only when a smoker feels highly motivated to stop smoking.

 A variety of NRT products exist, e.g.: gum, patch, nasal spray, inhalator. All provide nicotine in a slower, less satisfying way than smoking. All are safer and less addictive than cigarettes. For best results, NRT should be used in sufficient quantities and for at least 6 - 8 weeks. Ask pharmacist for more detailed information about each type

Tobassa Addiction Modula of the Cochrane Database of Sustamatic Reviews. The Cochrane Collaboration

· For contraindications see packet

Raw M, McNeill A, West R. (1998) Smoking Cessation Guidelines and their Cost Effectiveness. Thorax 53, Supplement 5. Silagy C, Mant D, Fowler G, Lancaster T. The effect of nicotine replacement therapy on smoking cessation. (1ed) and Silagy C, Ketteridge S. The effectiveness of physician advice to aid

