

SMOKING CESSATION GUIDELINES FOR HEALTH PROFESSIONALS

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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."

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."

6. Contented Ex-smoker

"I stopped over 6 months ago."

5. Recent Ex-smoker

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



