

SMOKING CESSATION AT A GLANCE FOR HEALTH PROFESSIONALS

Identify smoking status at each point of contact and document.
If the client smokes, provide brief education on the effects of smoking on health and benefits of stopping smoking.

May not be ready now.
Ask if OK to give leaflet and contact numbers for future use.
Inform of support available.
Document Action in case notes.

No

Ask if ready to stop

Yes

Intensive support is recommended for heavily addicted smokers

SmokeFree Pharmacy Service
Weekly 1 to 1 support (10 min session) from local pharmacy for up to 12 weeks
Up to 12 weeks NRT supplied
All pharmacies offer this service and no appointment is generally required.

Smokefree Community Service
Trained advisors in all CH(C)Ps/Sectors provide free, flexible and intensive support for up to 1 hour each week. Up to 12 weeks NRT supplied (Champix and Zyban are also available).
If the person wishes help to stop, refer or signpost to local smoking cessation contact or Smokefree Services 0800 84 84 84 www.nhsggc.org.uk/smokefreeservices

Provide details of specialist services available in Greater Glasgow & Clyde

SmokeFree Pregnancy Service
All pregnant women have CO level and smoking status recorded at antenatal booking.
All smokers, ex-smokers less than two weeks and those with CO level of 4 and above are contacted by the Smokefree Pregnancy Service.
Support will be provided if the pregnant smoker wants help to stop smoking.
Both inpatient and outpatient support available. For all support in pregnancy call: 0141 201 2335 or via SCI gateway.

Smokefree Hospital Service
Service for inpatients who want to stop smoking.
Advisor assesses patient motivation, arranges NRT and provides intensive behavioural support for duration of hospital stay.
If patient wishes referral to Smokefree Hospital Service:
Refer via Trakcare or
North Glasgow hospitals (2) 0729
South Glasgow hospitals (6) 5148
Clyde 0141 314 6692
Mental Health hospitals 211 (4) 6564

Follow - up Information
Face to face appointment arranged in a local community venue, followed by telephone support.
All pregnant women who smoke should be referred to the Smokefree Pregnancy Service so a risk benefit form for NRT is completed.
Advisor completes NRT Recommendation Booklets for pharmacy to supply NRT. If client consents GP is informed of quit attempt.

Any patient admitted to hospital in the middle of a quit attempt should be referred to the Smokefree Pregnancy or Hospital Service

Discharge Information
Linked to Smokefree Community Service for continued intensive support and monitoring.
2 weeks NRT prescribed from hospital.
Pharmacy booklets provided for completion of course of NRT by Smokefree Hospital or Smokefree Community advisors