

# 30 Stop Smoking Advice

second When you only have 30 seconds the most effective thing you can do is ASK, ADVISE and ACT

## ASK

ASK every patient about tobacco use at every healthcare contact, including on hospital admission and record smoking status.

## ADVISE

“Quitting is the single best thing you can do to improve your health. We need to do two things – give you support and start you on medication. With medication and support you are up to **4 times** more likely to be successful.”

Combined pharmacotherapy and behavioural support is 4 times more effective when compared with quitting unaided

### KEY MESSAGES:

- Tobacco dependence is a chronic relapsing disease, WHO (ICD-F17.2) classification
- Smokers expect to be asked about smoking as it shows concern for their overall health
- Tobacco dependence treatments are both clinically effective and cost effective
- No other clinical intervention produces the same significant results for such a small investment in time

## ACT

### PRESCRIBE

“The first few days and weeks after you quit can be the hardest. Many people will go back to smoking unless they get extra help. You will now get the medication and support to help you.” (see prescribing information on page 2).

### REFER

“I would also like you to call the **HSE Quit Team @ 1800 201 203** [www.quit.ie](http://www.quit.ie)\*, which is a free service. They will give you tips on dealing with cravings, withdrawal symptoms, smoking medications and help in staying motivated. Are you happy to do that now?”



\* as per local arrangements

*Make every contact count*



# PRESCRIBING FOR TOBACCO DEPENDENCE

Tobacco use remains the leading preventable cause of illness and death in our society. Smokers who quit reduce their risk of many diseases, including cardiovascular disease, respiratory disease and cancer. Quitting increases life expectancy. Some smokers make many attempts to quit before they succeed.

## TREATMENT

### NICOTINE REPLACEMENT THERAPY (NRT)\*

PATCH

GUM /  
LOZENGE

INHALER

MOUTH  
SPRAY

#### COMBINATION NRT

A combination of nicotine patch and a faster acting intermittent form along with behavioural support is more effective than monotherapy and should be considered the standard treatment

PATCH  
+ GUM

PATCH +  
LOZENGE

PATCH +  
INHALER

PATCH +  
MOUTH SPRAY

**SET QUIT DATE:** SAME DAY AS STARTING NRT

#### KEY MESSAGES:

- Quit rate is double placebo
- NRT is available to purchase over the counter
- NRT is available for medical card holders
- NRT should be prescribed to all patients ON ADMISSION to hospital, including day cases, to help them manage nicotine withdrawal symptoms

### VARENICLINE (CHAMPIX)\*

**SET QUIT DATE:** 7-14 DAYS AFTER STARTING VARENICLINE

#### KEY MESSAGES:

- This is the most effective medication; quit rate is triple placebo
- Available only on prescription
- There is no good evidence that combining NRT with Varenicline improves success rates

### BUPROPION (ZYBAN)\*

**SET QUIT DATE:** 7-10 DAYS AFTER STARTING BUPROPION

#### KEY MESSAGES:

- Quit rate is double placebo
- Available only on prescription
- There is no good evidence that combining NRT with Bupropion improves success rates



We're  
here to help!



**FREEPHONE** 1800 201 203  
**FREETEXT** QUIT TO 50100  
**EMAIL US** [SUPPORT@QUIT.IE](mailto:SUPPORT@QUIT.IE)  
**TWEET US** @HSEQUITTEAM  
**FACEBOOK US** [FACEBOOK.COM/HSEQUIT](https://www.facebook.com/HSEQUIT)  
**GET STARTED ON** [WWW.QUIT.IE](http://WWW.QUIT.IE)

\* for comprehensive information on these medications consult your prescribing manual.