



Supporting People to Stop Smoking – Advice for Pharmacists

As Pharmacists you have a unique first line and on-going role with your patients about their health. You understand their needs and you are a trusted and influential source of advice for interventions to improve their health, including health behaviour change to stop smoking. Your expertise means that you can play a powerful role in offering advice on medicines to help stop smoking. Too many people who smoke try to stop without support. You can help and your support will improve the chances that someone will successfully stop smoking and stay stopped for good.

The context of pharmacy and time available means that focused interventions through Very Brief Advice are most suitable:

- **Ask** about smoking status routinely during consultations;
- **Advise** people who smoke to stop and that the best way to stop is using medication and our intensive stop smoking service which provides [behavioural support](#);
- **Act by**
 - 1. Advising on stop smoking medication (see quick guide [here](#)) and
 - 2. Referring to QUIT (HSE Stop Smoking Service)

How can pharmacists refer to the QUIT service?

For those who have access to Healthlink, please contact quitmanager.tf@hse.ie to request you are set up as a referral source for electronic referral for behavioural support to quit.

Alternatively, referrals can also be mailed directly to the quit team by emailing quit@healthmail.ie. Healthmail is a secure email ensuring that patient contact information can be shared securely. The only information required for a referral is the patients full name, DOB and telephone number.

If referral isn't an option, Pharmacists are encouraged to sign-post clients who want to quit to the free, confidential, non-judgemental behavioural supports provided by the HSE and also to their General Practitioner if the client has a GMS card and wishes to avail of free stop smoking medications.

For those that don't have a GMS card and are concerned about costs its helpful to remind the client that stop smoking medication is recommended only for a short period (12 weeks treatment) and is always cheaper than smoking.

Free Quit information materials such as posters and leaflets can be ordered by Pharmacists via the website <https://www.healthpromotion.ie/publications>

You can register as a Health professional on this site and bulk order resources.

