

# ASK

ASK every patient about tobacco use & record smoking status at every visit

# ADVISE

ADVISE on the risks of smoking, the benefits of quitting & the most effective way of quitting


# ACT

1. Prescribe

2. Refer: HSE Quit Service

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

Varenidline (Champix)	
Can be used alone <b>OR</b> with NRT#	
Week 1 : Continue smoking	
DAY	DOSE
Day 1 – 3	0.5mg x 1 daily
Day 4 – 7	0.5mg x 2 daily
Week 2 – 12: Stop smoking	
DAY	DOSE
Day 8 – 84+	1mg x 2 daily
* If unsuitable, combination NRT should be recommended. See SPC & PIL.	

Combination Nicotine Replacement Therapy (NRT)			
LONG ACTING NRT (PATCH)			SHORT ACTING NRT
Nicotine Patch*			For pregnant women consider 16hr Patch +/- Short Acting NRT 
WEEKS	24 hr	16 hr	
1 – 4	*21mg or 14mg	25mg	
5 – 8	*14mg or 7mg	25mg	
9 – 10	7mg	15mg	
11 – 12	7mg	10mg	
* Higher dose more suitable for people who smoke more heavily, refer to SPC and PIL for more information			

1. Prescribe

2. Refer

HealthLink	As a Referrer on QuitManager	Direct referral
Select <b>HSE Quit Smoking Services</b> in the dropdown	Become a referrer on QuitManager (the national patient management system for stop smoking service). Please email <a href="mailto:quitmanager.tfi@hse.ie">quitmanager.tfi@hse.ie</a>	Email client name, DOB and phone number to: <a href="mailto:quit@healthmail.ie">quit@healthmail.ie</a> or to your local service listed on <a href="https://www2.hse.ie/living-well/quit-smoking/support-services/">https://www2.hse.ie/living-well/quit-smoking/support-services/</a>

Medication & Intensive behavioural supports are available FREE for all attending HSE Stop Smoking Services (regardless of medical card status)

National Stop Smoking Clinical Guidelines

Further info on medications

