

Client name: _____

Smoking Cessation Pathway

This tool is a guide to help staff in the Community Service Sector to discuss smoking with clients and support them to quit.

	Date: / /
ASK Ask all clients about their smoking	Have you smoked tobacco in the last 30 days? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you ever thought about quitting smoking? <input type="checkbox"/> Yes <input type="checkbox"/> No Asking your clients about their smoking starts the conversation and can generate interest in a quit attempt.
ADVISE Advise all smokers to quit	Advise all smokers to quit using clear non-confrontational language. Focus on the benefits of quitting, especially health and financial benefits. <i>'Giving up smoking will improve your health and protect your family from the dangers of second-hand smoke exposure'</i> <i>'Giving up smoking will really help improve your finances'</i>
ASSIST Help by offering information and referral	<input type="checkbox"/> Refer to Quitline or call them with your client (Email 13Quit-HealthPromotion@health.qld.gov.au to check your organisations eligibility for programs) <input type="checkbox"/> Refer to health professional such as GP or Aboriginal and Torres Strait Islander Health Worker <input type="checkbox"/> Provide written information (e.g. Quit because you can booklet) <input type="checkbox"/> Assist to download My QuitBuddy App to client phone <input type="checkbox"/> Assist with website access e.g. www.quitnow.gov.au <input type="checkbox"/> Discuss reasons for quitting (See Quit because you can booklet pages 5-7) Support can increase the chance of successfully quitting. Choose as many options as needed.
Keep the conversation going! Don't forget to check in next time you see your client. Ask how their quit attempt is going and offer further assistance. Repeat ASK, ADVISE and ASSIST.	

Medications to support quitting

Nicotine Replacement Therapy (NRT) and prescription medications can double a person's chance of quitting and help relieve withdrawal symptoms and cravings. The following medications are available to support quitting smoking.

Nicotine Replacement Therapy (NRT)	
Patches	Apply the patch to clean, hairless skin. Replace the patch every 24 hours at a different location. Heavier smokers may be advised to use two patches. Patches can be used in combination with an oral form of NRT such as gum, lozenge, spray or inhaler. Patches are available on the PBS
Gum	Place the gum into your mouth and chew until the taste becomes strong. Then park the gum in your mouth between your gum and cheek until the taste fades. Repeat the chew-park sequence continuously for 30 minutes.
Lozenge	Place the lozenge in your mouth and allow it to dissolve into your cheek or under your tongue (about 20–30 minutes), moving from side to side from time to time. Do not chew or swallow the lozenge.
Inhalator	The inhalator is made up of a mouth piece, plastic tube and nicotine cartridges. Place a nicotine cartridge into the plastic tube and inhale through the mouthpiece into the mouth only. One cartridge lasts for 20 to 30 minutes.
Oral spray	Spray the mist onto the inside of the cheek or under the tongue and hold in mouth to absorb. Swallowing too soon may increase chances of nausea and hiccups. Do not inhale the spray.
People often do not use sufficient NRT. Encourage clients to contact Quitline to discuss dosage. Double patching and combination therapies are safe and often recommended. Continue to use NRT if a lapse occurs.	
Non-nicotine prescription medications	
Bupropion and Varenicline	Bupropion (Zyban) and Varenicline (Champix) are non-nicotine oral medications that are available on prescription only and are available on the PBS. Talk to your doctor to ask if one of these medications is right for you.
If you are pregnant, speak to your health professional or call Quitline on 13 7848 for more information on using NRT.	