

## Quarterly newsletter for health professionals

**Quitline Tasmania is an evidence-based service, provided by trained counsellors. It supports Tasmanians to stop smoking/vaping at any stage, including contemplation or relapse.**

**Summer 2023**

**Not subscribed to our newsletter yet? [Subscribe here](#)**

**If you quit smoking...**

**just 20 minutes later your  
blood pressure goes down**



Quitline Tasmania TV campaign Oct - Dec 2023

In this edition of Quitline's quarterly newsletter, I am delighted to provide you with an update on the latest **tobacco control legislation** progressing through the Australian Parliament, marking significant strides in tobacco control in Australia.

The **Public Health (Tobacco and Other Products) Bill** introduces new tobacco control measures including standardising the size of tobacco packets and products, requiring health promotion inserts in packs/pouches, updating and improving graphic warnings and packaging, and capturing e-cigarettes/vapes in advertising restrictions. The new laws are planned to take effect from 1 April 2024.

Furthermore, I am excited to share an update on the **upcoming e-cigarette reforms**. On the 28 November, The Hon Mark Butler MP, Minister for Health and Aged Care announced that the first stage of Australia's new vaping reforms are set to commence on 1 January 2024, with further changes implemented in the following months. From 1 January, the Australian Government will implement an importation ban on disposable single use e-cigarettes/vapes. At the same time, a **new Special Access Scheme pathway to prescribe vaping products** will commence whereby all medical practitioners and nurse practitioners will be able to prescribe their use (where clinically appropriate).

Within the next 6 months or so, Tasmania, along with the rest of the country, is also poised to enact e-cigarette reforms, banning the retail sale of all e-cigarette products outside the prescription pathway.

While we know these reforms are essential for public health and protecting young people from these products, with **9 in 10 Australians wanting government action to strongly regulate them**, they will have an impact on Tasmanians who vape, many of whom are addicted.

We have recently provided a budget priority statement to the Tasmanian Government which calls for expanded cessation support including additional youth-appropriate support channels, extended Quitline operating hours and increased vaping cessation training for health and community service providers. We want to do everything we can to ensure Tasmanians who use e-cigarettes are well supported to quit, and don't turn to tobacco.

We will continue to update you as we know more. If there are any smoking or vaping focus areas you would like us to address in future editions, please don't hesitate to get in touch at [admin@quittas.org.au](mailto:admin@quittas.org.au).

Wishing you a restful and relaxing holiday period and looking forward to continuing to work with you to support Tasmanians on their quitting journey.



**Abby Smith** BSc/BA(Hons), MSc, PhD Candidate USYD

**Director Quit Tasmania**

**Meet Dr Sohal Sukhwinder**



Quitline Tasmania is supported by a **Quitline Tasmania Advisory Group (QAG)**. A QAG for each Quitline nationally is a requirement set by the **National Minimum Quitline Standards**. The QAG is made up of several health professionals and smoking cessation experts. The main function of the QAG is to provide **expert advice** and guidance to Quitline management to continuously **improve** the service and its delivery.

Recently, we were lucky enough to have **Dr Sohal Sukhwinder** join our QAG group. A little about Dr Sukhwinder below and why we are excited to have him join us.

---

**Dr Sukhwinder Singh Sohal, BSc, MSc, MS, PhD, FAPSR**

Dr Sohal is currently leading the Respiratory Translational Research Group at UTAS' School of Health Sciences in Launceston. He is the immediate past Board Director for the Thoracic Society of Australian New Zealand (TSANZ), Director Education and Training in Respiratory Medicine, and currently President of the Tasmania Branch TSANZ.

Dr Sohal is National Convenor for COPD and serves on the European Board for Accreditation in Pneumology. In 2016, for his contributions to chronic lung disease, he was elected Fellow of the Asian Pacific Society of Respirology (FAPSR).

His research group focusses on discovering and identifying novel mechanisms that may act as exciting new therapeutic targets for treating chronic lung diseases such as COPD, asthma, lung cancer and pulmonary fibrosis. He is a very committed advocate for healthy lungs and a smoking/vaping-free community.



Quitline is well prepared to manage the influx of people who want to stop vaping as well as people who obtain a prescription for therapeutic e-cigarettes with the goal of quitting smoking.

Quitlines are a proven population-based intervention to motivate quit attempts and increase cessation, [\(reference here\)](#) using the latest evidence base to best support your patients on their quitting journey. National Minimum Quitline Standards are reviewed and updated regularly to reflect the evolving evidence base, including the associated counselling protocols (eg, providing counselling to people who want to stop vaping, are using a nicotine vaping product to help them stop smoking, are under 18 years old. This ensures our practice reflects up to date information and cessation support.

**Refer your patient to Quitline for:**

- **support to stop smoking**
- **support to stop vaping**
- **support to stop smoking using a prescribed nicotine vaping product**

[Referral form to Quitline - Click here](#)

**You have referred your patient to Quitline. What happens next?**



What happens after I refer a patient to Quitline - Click here to watch

Originally sourced from The Quit Centre link [here](#)

### How can we support you to support your patients?

"When a patient who smokes is surrounded by support from health professionals and smoking cessation counsellors, along with clinically appropriate pharmacotherapy, **their likelihood of quitting smoking can more than double**<sup>1</sup>. This highlights the interrelated roles of [GPs](#), [pharmacists](#) and Quitline counsellors in supporting their patients with best practice smoking cessation care". Quoted from the [Quit Centre](#)



### Some Tasmanian Quitline statistics - January to June 2023

- **963 referrals to Quitline**
- **nearly 90% of clients offered and accepted ongoing cessation counselling following a referral**
- **1 in 4 clients who set a quit date identified as an ex-smoker at 6 month follow up**

View Quit Tasmania's latest campaign called **'Recovery'**.



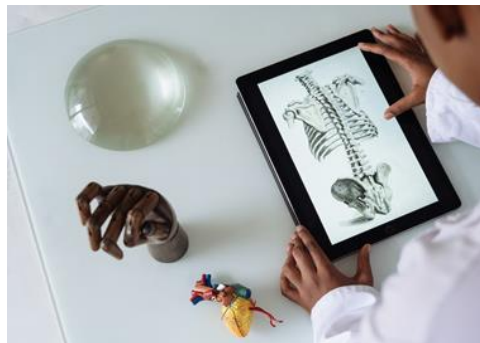
[Click to watch latest 30 second campaign](#)

### **Would your practice benefit from a service visit from Quitline Tasmania?**

We provide service visits to inform health professionals of the benefits of referring to Quitline and what your patients can expect from the service. We can respond to your specific questions or provide a general presentation on our service.

Please contact Sue, Quitline Team Leader, on 6169 1943 or [shearn@cancertas.org.au](mailto:shearn@cancertas.org.au) to arrange a visit

*(As we are based in southern Tasmania, where we can, we will visit in-person, but in some cases may need to arrange a virtual visit.)*



Quit Tasmania is supported by the Department of Health

A program of



*We acknowledge the Tasmanian Aboriginal people, the Traditional Custodians of the lands on which we work and live, and pay our respects to Elders past, present and emerging.*



Quit Tasmania  
15 Princes St, Sandy Bay TAS 7005

Thank you for referring your patients to Quitline Tasmania. We hope this information is useful.