

## Quarterly newsletter for health professionals

**Quitline Tasmania - a service funded to support Tasmanians to stop smoking and/or vaping at any stage including the contemplation stage or recently relapsed, using evidence based approaches by trained counsellors.**

**Spring 2023**

**Don't let it in...**

smoking can make you  
**fight for every breath**



Quit Tasmania TV campaign 29 July - 23 Sept

**Welcome** to the latest edition of our quarterly smoking cessation newsletter for health professionals.

As always, there's a lot happening in the world of smoking cessation. From 1 June, people are able to get two courses of NRT patches per year, through the PBS. You may notice more patients wanting to quit smoking with the upcoming tobacco excise increase (planned for early September 2023), especially given the cost of living pressures facing many Tasmanians. It's a good time to consider relapse prevention strategies for your clients.

We are also currently awaiting the upcoming release of the Tasmanian Population Health Survey results, particularly around smoking and vaping rates among adults in Tasmania.

Thank you for your support and referrals over the past 12 months. We are experiencing an increasing demand for Quitline support for stopping smoking and vaping, which is great to see.

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).



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

### **Director Quit Tasmania**

### **A brief interview with Gareth Wells**



### **Local pharmacist and Quitline Tasmania Advisory Group member**

Quitline Tasmania is supported by a **Quitline Tasmania Advisory Group (QAG)**, which is a requirement of our **National Quitline Minimum 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.

One of our valued QAG members is **Gareth Wells**, Managing Pharmacist of several pharmacy outlets. Gareth has been involved in several Quit Tasmania projects which provided nicotine replacement therapy via the Quitline over the last few years .

**Question 1:** In your opinion, how can health professionals better integrate smoking cessation into their routine practice?

**Gareth:** *Much of it comes down to persistence from health care professionals. Ensuring we all bring up the topic and ask people if they are current smokers, then follow it up by asking if those smokers want advice to help quit. It is important for us not to judge but to provide friendly and tailored support for when patients want to take the next step to quit or cut down on cigarette smoking.*

**Question 2:** What are common challenges that patients experience using nicotine replacement therapy?

**Gareth:** *Getting the right advice and support on their journey! With the availability of nicotine replacement products (NRT) in supermarkets and in front of the counter at the pharmacy sometimes patients do not get to talk to a health professional before they embark on their path to quit. When they do get advice, many do not sign up to programs such as Quitline to provide that extra support they need to be successful whilst quitting.*

**Question 3:** What are you observing around the use of nicotine vaping products as a smoking cessation aid?

**Gareth:** *We are seeing most patients using prescription vaping products not so much as a smoking cessation aid, but a replacement for cigarettes. Patients using vaping products cut down on their use of cigarettes, but then will often keep vaping as it is seen as a longer term 'safer' option. This is not ideal as we do not have the long term safety data for vaping, and more education needs to be provided to ensure patients use vaping products more effectively as smoking cessation aids.*

**Stages of Change - model of addiction**



Quitline's counsellors are trained in motivational interviewing, a model for supporting people to shift from contemplation (of quitting) to action.

These stages can be seen as a cycle and, in theory, people should go through these stages in order.

In reality, people may jump about between stages, go backward and forward, and even be in more than one stage at a time.

[RACGP source for more information here](#)

### **A patient's story**

The power of your concerned words to your patients, eg, *"I would really like to see you stop smoking and I would like to refer you to Quitline just for a chat"* can motivate a person to make a real go of quitting. Your words matter.



[Click to watch brief video](#)

Sourced from The Royal Alfred website [here](#)

### Did you know?



**On the PBS, under all subsidised nicotine-related products, it states:**

- ***"Patient must be undergoing concurrent counselling for smoking cessation through a comprehensive support and counselling program or is about to enter such a program at the time PBS-subsidised treatment is initiated."***
- ***Details of the support and counselling program must be documented in the patient's medical records at the time treatment is initiated".***

[Link to quote here](#)

### Latest Quit Campaigns

#### Don't Let It In



[Click to watch latest campaign \(30 secs\)](#)

## Quitline (call to action)



Click to watch (15 secs)

## CPD points

The **Quit Centre** is a national website containing the latest evidence- based information on smoking cessation intended for health professionals.

It may interest you to know that there is also brief online training available for **General Practitioners** worth **CPD points**.

**Check out the website at [quitcentre.com.au](http://quitcentre.com.au)**

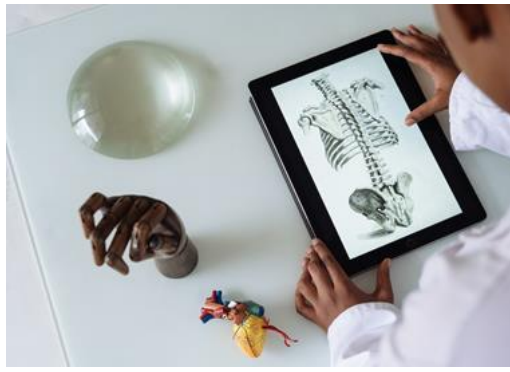


**Would your practice benefit from a service visit  
from Quitline Tasmania?**

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.