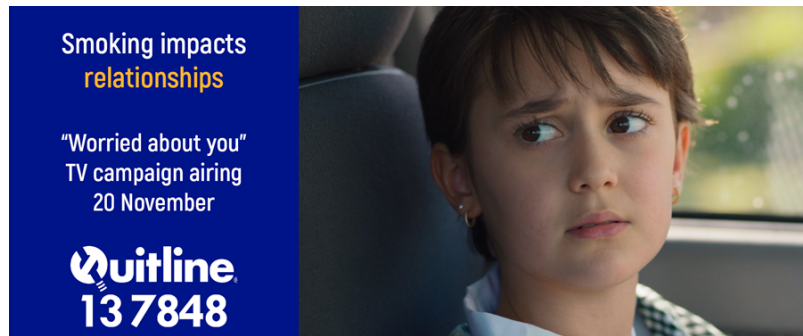


## Quitline Tasmania update

This seasonal update is intended for health professionals with the aim of informing and supporting your practice around smoking cessation.



**Welcome** to the summer edition of Quit Tasmania's Health Professional Newsletter.

With the rapid growth of vaping (e-cigarettes) among young people, we are doing what we can to address the recreational use of these products.

I'd like to draw your attention to our resources on the harms of vaping for teens and parents, available [here](#). This information was developed in consultation with the target audience and has been tested in focus groups.

While providing brief stop smoking advice to your patients, if you identify someone who is smoking or vaping, I encourage you to provide a pro-active referral to Quitline Tasmania [here](#) for evidence-based behavioural support.

As a new cohort of young Tasmanians get ready to start high school, we know we need to do more than provide education, so we are strongly urging the Tasmanian Government to protect young people from these harmful and addictive products by strengthening enforcement of existing laws and enacting additional legislative controls. A one-page summary of our position, endorsed by many other public health groups, is now available [here](#).

Lastly, I'd like to take this opportunity to wish you all a very restful holiday period and thank you for your support of Quit Tasmania and all of our services, especially Quitline 13 7848 (13 QUIT).

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

**Director Quit Tasmania**

**Quit Tasmania - latest campaign** - aired on television, radio, social and digital platforms and outdoor advertising from 20 November 2022. Please view our powerful new thought provoking campaign [here](#) (NB: Link may only be valid while campaign is in licence.)

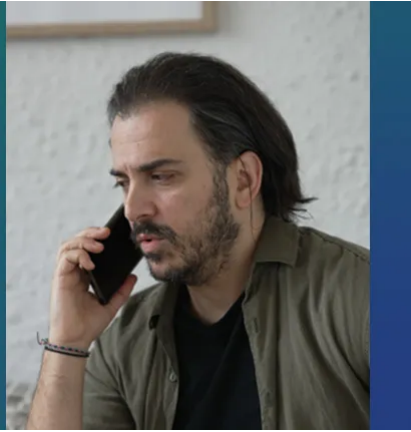
We hope this campaign will result in some of your patients talking to you about quitting smoking.



### **Quit Centre's latest campaign push to health professionals**

The new campaign, 'Together We Can Make a Difference', has been developed to remind GPs and pharmacists that a simple intervention can increase the likelihood that their patients will succeed at quitting smoking.

You could  
double your  
patients'  
likelihood of  
quitting  
smoking



For further information including clinical tools and resources, please click [here](#).

*"The 'National Quit Training and Resource Centre for Nicotine Cessation' ('Quit Centre') is a national best practice support service for health professionals. The Quit Centre's goal is to ensure Australian health professionals have the latest clinical information, resources and training on smoking and vaping cessation to support their patients." (sourced directly from the Quit Centre/About Us)*

## Young People

Although smoking rates among Tasmanian youth are at an all-time low, around 24% of 18 to 24 year olds smoke.

Often young people haven't experienced the longer term health effects of smoking, but they may still be motivated to quit for reasons beyond health (eg, financial).

We encourage you to ask all patients, even those in younger cohorts, about smoking status (to be documented on their medical record), advise all patients who smoke to quit, and provide a pro-active referral to Quitline. Even if they are not ready to quit, interest from a trusted health professional has been shown to prompt a person to make a quit attempt, and also ensures your patients know that support is available when they are ready to quit.

Resources for young people can be found here:

**Smoke Free Generation**

**My QuitBuddy App (for everyone)**



### **How to refer to Quitline Tasmania?**



Quitline Tasmania online referral form

Or fax a form on 03 6169 1941

### **What to expect after referring?**

We will provide every referrer with referrer feedback, providing your patient consents (most do!). If you have

any questions, you're welcome to contact us on 13  
7848.

**More information to help patients stop smoking is  
available on our website**



Information for Service Providers ([click here](#))

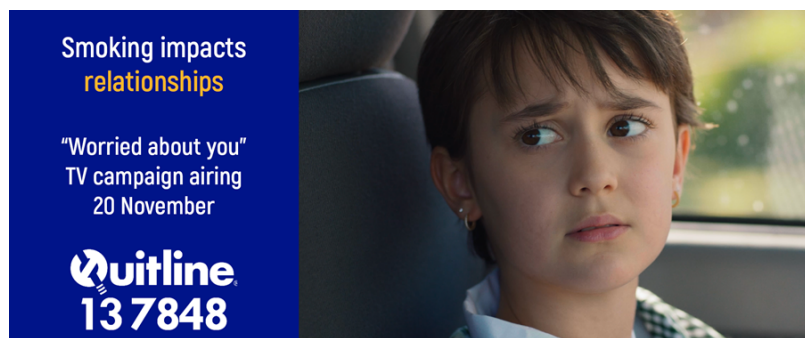
**Would your practice benefit from a service visit  
from Quitline Tasmania?**

We provide service visits to help inform health professionals of the benefits of referring to Quitline and what your patient can expect from the service.

Please contact Sue to arrange a visit on 61691943 or  
[shearn@cancertas.org.au](mailto:shearn@cancertas.org.au).

*(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  
15 Princes St, Sandy Bay TAS 7005

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

[Unsubscribe](#)