

## Smokefree - Supporting health professionals to deliver effective smoking cessation

### Introduction

Smokefree is about:-

- Identifying smoking status
- Informing about CDHB Smokefree Policy
- Providing timely NRT to smokers to manage their nicotine dependence in a smoke free environment
- Providing advice to quit
- Providing Quitpack and / or Quitcard / referral for smoking cessation.
- DOCUMENTING all of this

### Definitions

Current Smoker – has smoked at least one cigarette in the last month.

Never smoker – has not smoked more than 100 cigarettes in their life time

Ex-smoker – have smoked more than 100 cigarettes in their life time but have not smoked in the last month.

### Key points

- Check the patient's smoking status is correct in relation to these definitions – change the documentation if required.
- If they are a recent ex-smoker, they may still need NRT/support.
- For patients who are “Never smokers” tick the “No Risk Identified” boxes – no further action is required.

If they smoke

- Advise that CDHB buildings and grounds are smokefree
- Provide **brief advice** – this can be as little as 30 seconds intervention, preferably tailored individually.
- Offer Nicotine Replacement Therapy (NRT) as soon as possible (NRT is most effective when administered before cravings set in)

For patients not admitted to wards

- Provide advice to quit
- Provide Quitpack / Quitcard / prescription
- Refer to community cessation provider

### Care Planning

If an inpatient initially declines NRT – continue to offer NRT.

Emphasis that this is for them to remain Smokefree during their stay, even if they do not want to quit – document if it was accepted and charted, or declined.

### **Risk Management Plan**

- Identify and document daily nicotine dependence issues and the management of this.
- In this hospital environment, NRT is an ongoing requirement for nicotine dependence.

### **Daily/Shift care plan**

- Document NRT requirements in 'Patient / Area Specific' box
- Monitor craving levels and titrate medications

*Cravings* can be a result of under-dosage – signs are irritability, sleep disturbance, urges to smoke, depression, increased appetite, anxiety, restlessness, mouth ulcers etc.

*Titration* – increase dose by providing higher strength patches or co-therapy (additional lozenges / gum)

*Over-dosage* – symptoms of overdose are rare (e.g. nausea, heart palpitations etc) and can be addressed by removing the patch, using a lower strength patch or using only lozenges / gum

### **Referral Form**

- Ensure that patient ID label is put in place
- Ensure that patient has given **consent** for referral
- Ensure that patient's **contact number** is included
- Fax to chosen **cessation service**
- **Document** in patients notes