

# Priorities & Plans

Dr Donita Baird

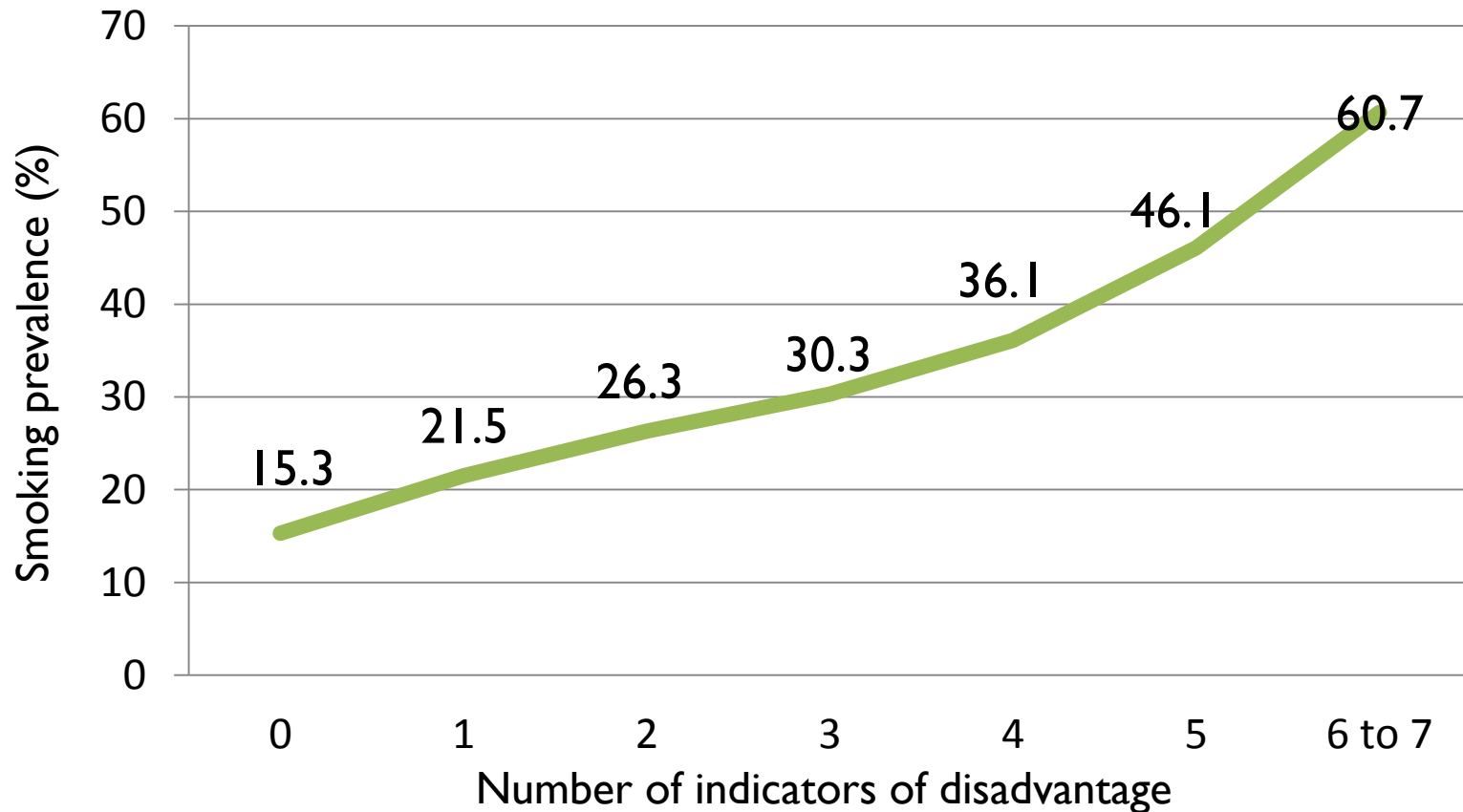
Manager, Cessation



# Quit Victoria – Priority Areas



# Smoking rates amongst disadvantaged groups in Australia



# Key projects for 2017

- Tackling Tobacco
- Latrobe Valley
- Wellington House / Turning Point Project
- Vic Health Grant: Pre and post release smoking cessation support to individuals exiting prison Project

# **Help** people who smoke become tobacco free

## **ASK**

all clients about their smoking



## **ADVISE**

all smokers to quit and quitting methods



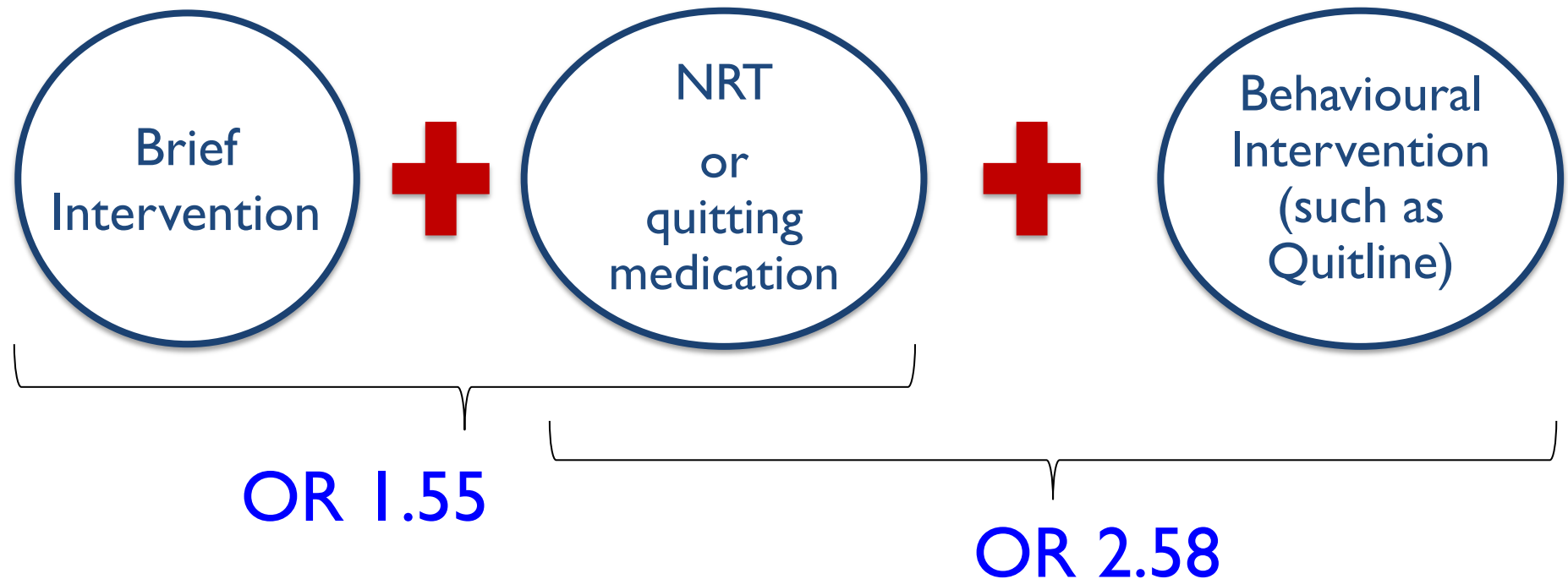
## **HELP**

by offering information, support and referral

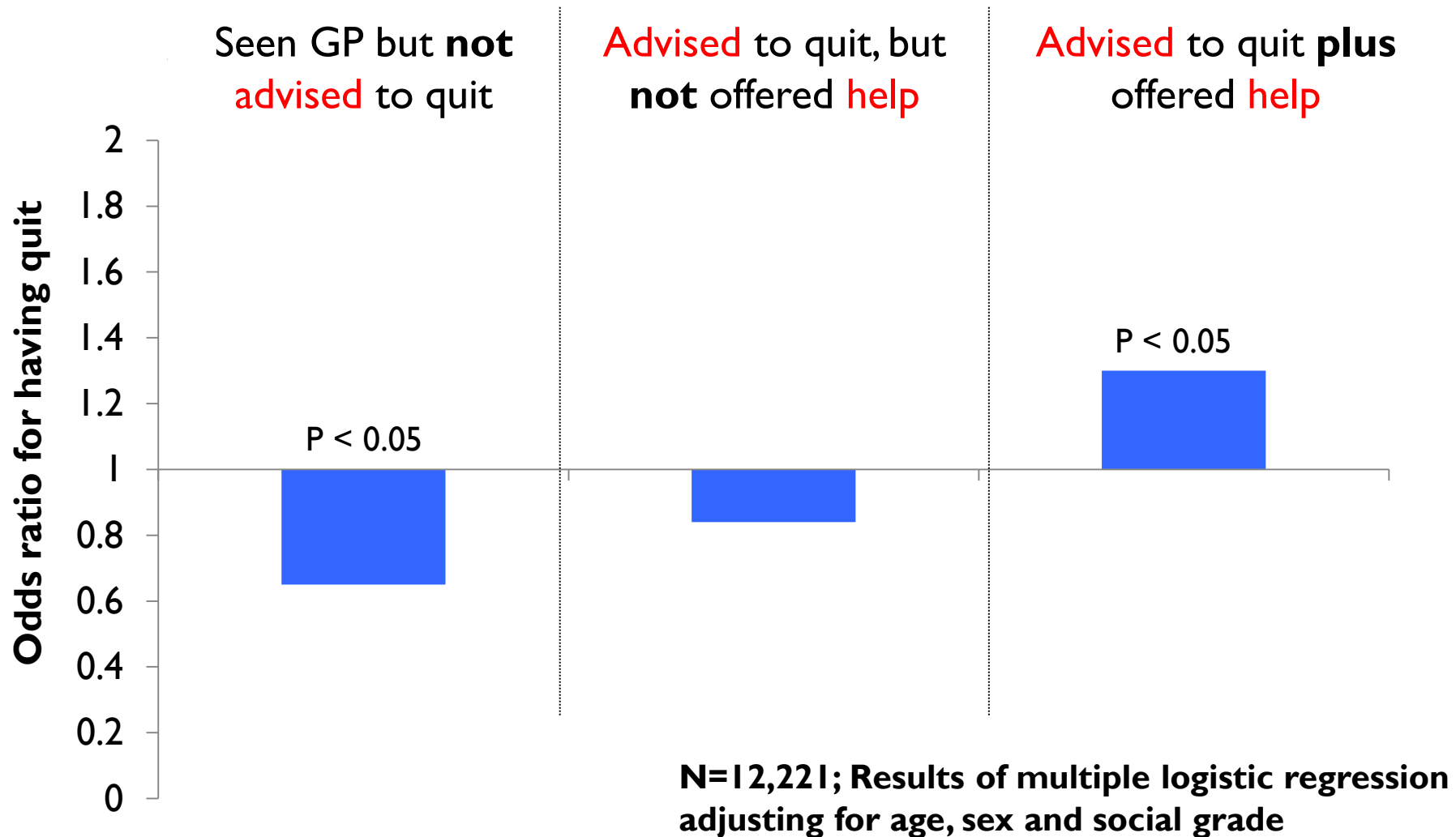


- Support health professionals to deliver brief interventions
- Increase understanding of how Quitline can help

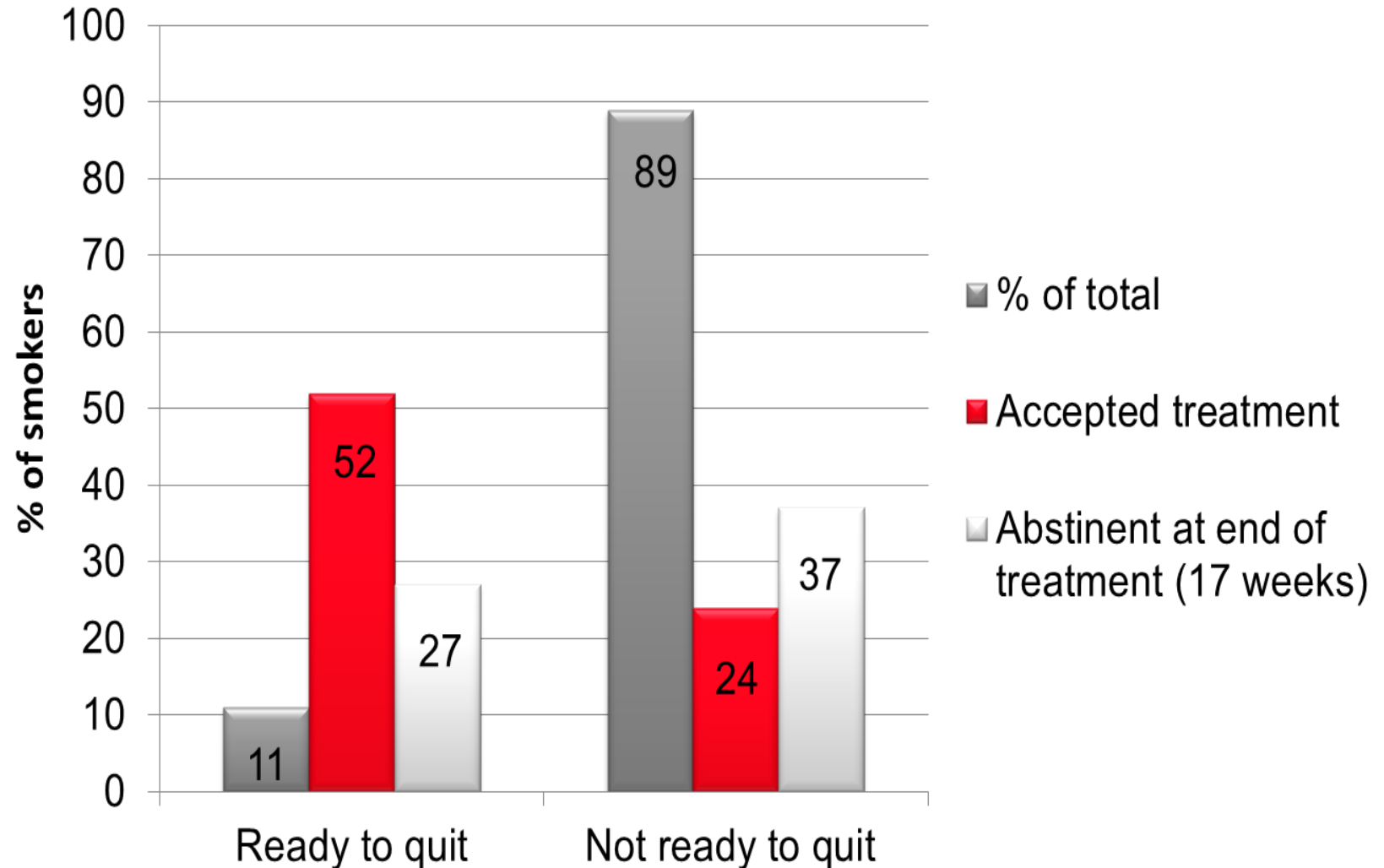
# Working together to **help** people quit



# What happens if do not offer help?



# Offer **Help** regardless of readiness





# Quitline mythbusting

**Quit “Police”**

**Supportive and non-judgmental**

**Anti-smokers**

**Understand smokers**

**Information only**

**Practical advice & counselling**

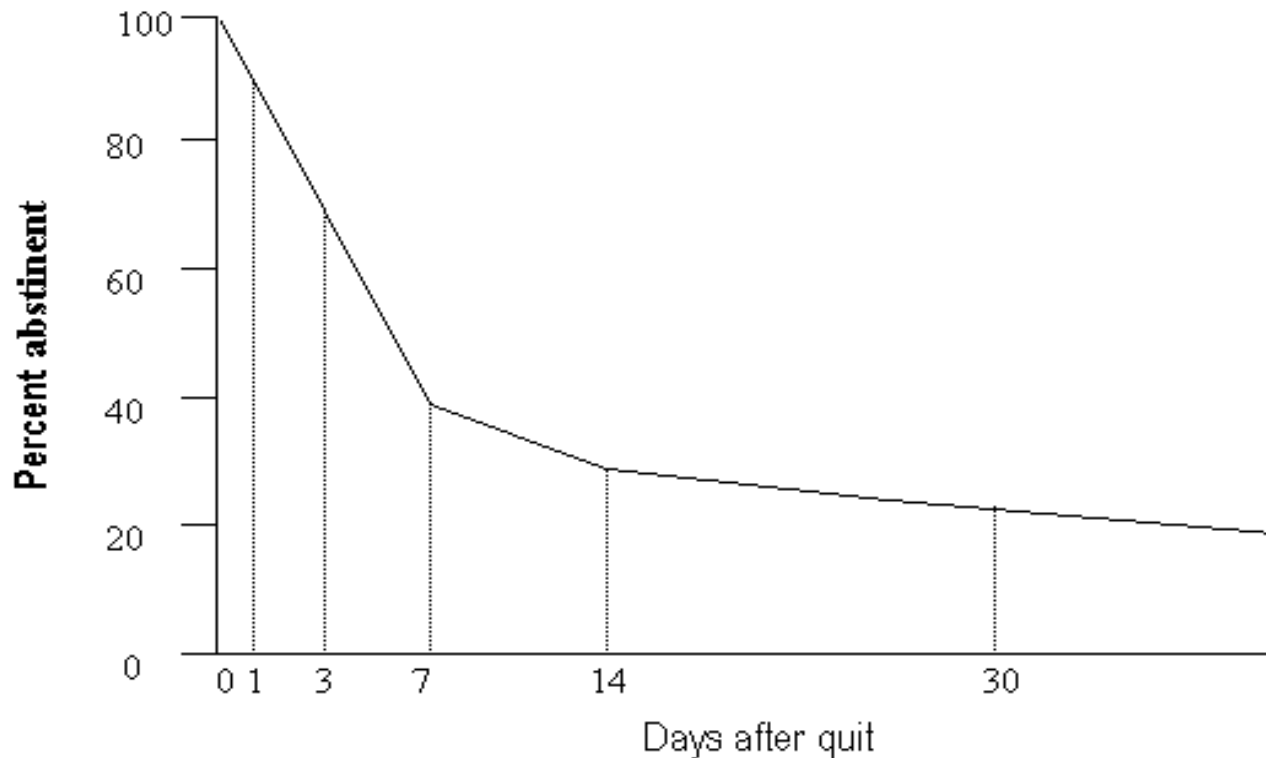
**Scripted**

**Tailored to needs**

# Quitline call-back service model

Pre-quit calls x 2

Post-quit calls: 1, 3, 7, 14 and 30 days after quitting



*Figure 1. Relapse-sensitive scheduling of multiple counselling sessions.*

# Quitline behavioural interventions are tailored to help



# Three reasons to make a Quitline referral

- Simple, effective model shown to work in many settings
- Many benefits for patients
- Proactive referrals shown to be of more benefit (compared to telling patients to call)

**In-practice management versus quitline referral for enhancing smoking cessation in general practice: a cluster randomized trial**

Ron Borland<sup>a</sup>, James Balmford<sup>a</sup>, Nicole Bishop<sup>a</sup>, Catherine Segan<sup>b</sup>, Leon Piterman<sup>c</sup>, Lisa McKay-Brown<sup>d</sup>, Catherine Kirby<sup>d</sup> and Caroline Tasker<sup>d</sup>

Borland et al. Fam. Pract (2008) 25(5):382

**Telephone care co-ordination for tobacco cessation: randomised trials testing proactive versus reactive models**

Scott E Sherman,<sup>1,2</sup> Paul Krebs,<sup>1,2</sup> Laura S York,<sup>3</sup> Sharon E Cummins,<sup>4</sup> Ware Kushner,<sup>5,6</sup> Sebnem Guvenc-Tuncturk,<sup>7</sup> Shu-Hong Zhu<sup>4</sup>

Sherman et al. Tob Control (2017) Feb 11

# Making it easier to refer:

**Smoking cessation referral form**

Smoking cessation referral form

For use by health professionals to refer patients to the Quitline. \* = Required Information

**Referrer Details**

Referrer Salutation: --None--

First Name :  Last Name :

Organisation:  Position: Health Professional

Street:  City: Dental Assistant

State:  Postal Code:

Country:  Email :

Phone :

**Patient Information - CONFIDENTIAL**

Patient Salutation: --None--

First Name :  Last Name :

DOB:  Gender:

Email:  Mobile :

Home Phone:  Work Phone:

Preferred Contact Number --None--

What is the best time for the Quitline to call ?

**Healthcare professionals**

Quitline online referral D

Fax referral form D

Resource order form D

**Employers**

Supporting staff to quit D

Resource order form D

**Quitline 13 7848**

## Fax Referral Sheet

To Quitline (Victoria) Fax: (03) 9514 6801 Date: 11/4/2017

**Referrer details** \*Title, First & Last Name: Dr A Practitioner

\*mandatory fields

\*Position: General Practitioner

\*Organisation: HCN Samples Database

\*Organisation Address: 205 Bourbong Street  
Bundaberg QLD 4670

\*Phone: 1300 788 802 \*Email: email@email.com

Privacy warning:

The information in this fax is confidential and only intended for the Quitline. If you have received this fax in error please resend to (03) 9514 6801. You may not copy, distribute, take any action on, or disclose any details of the information in this fax to any other person or organisation.

### Patient information - confidential

\*mandatory fields

\*Title: \*First Name: \*Last name: Default

\*Date of birth: \*Postcode:

\*Preferred Phone: Mobile  
\*Mobile: \*Home: Other: 0488113377

What is the best time for the Quitline to call? Anytime

Is it ok for the Quitline to leave a message? Yes

Please note:

We will attempt to contact the patient within the requested time block however this may not always be possible.

Does the patient identify as being Aboriginal or Torres Strait Islander? No

Does your patient require a tailored mental health service? No

Please note:

The interaction of chemicals in cigarettes and some medications (e.g. insulin, some anti-depressants / anti-psychotic) and the interplay between the chemicals and some symptoms can mean some smokers need monitoring of drug levels and symptoms by their GP through the quitting process.

Health professionals are monitoring the above? Yes

# What you can expect if you refer

Quitline receives referral:

- Responds within two business days
- Makes multiple attempts to contact patient
- Acknowledgement of referral, and feedback on outcome

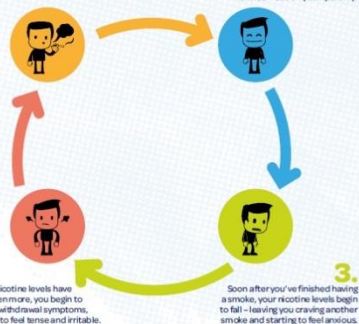




# Victorian Quitline success rates

Patient Group	Sustained abstinence (6 months)	
	%	n
Disclosed mental illness	11.4%	26/229
Did not use NRT or medication	9.5%	31/326
Used NRT or medication	23.3%	88/378
<b>Overall</b>	<b>16.9%</b>	<b>119/704</b>

1. When you light up a smoke, it tops up your nicotine levels.
2. Your nicotine withdrawal symptoms (like irritability, anxiety and restlessness) are immediately relieved, making you feel relaxed – but only temporarily.



The good news is, within just a day of stopping smoking, almost all the nicotine is out of your bloodstream, alleviating the stress cycle of smoking! Plus after six weeks or more you are likely to feel less stress, less anxious and less depressed.

For more benefits of quitting visit [www.quit.org.au](http://www.quit.org.au) or call Quitline (13 7848).

quit.org.au



If you are concerned about how your mood might be affected by stopping smoking, try keeping this diary to get a better idea of how things change once you stop smoking. Nicotine withdrawal may temporarily worsen your mood, but over the longer term (6 weeks or more after quitting) most people report lower levels of depression, stress and anxiety than when they were smoking.

Some medications for mental health (e.g. Citalopram, Olanzapine, Fluvoxamine) may need to be reduced once you stop smoking. People who smoke need higher doses of these medications because they metabolise/process them quicker. Stopping smoking can increase the amount of medication in your system so you may experience side-effects. Your dose may need to be lowered. If you are taking medication for mental health talk to your doctor before you stop smoking, monitor the medication side effects listed below and report any other changes. Quitting smoking will also give you a list of medications affected by tobacco smoke to give to your doctor. Caffeine and alcohol are also affected by tobacco smoke in the same way. This means you need less caffeine and less alcohol after you stop smoking to get the same effect.

For each item record whether you have experienced it in the last 24 hours.  
0 = None, 1 = Mild, 2 = Moderate, 3 = Severe

Day (M, Tu, W, Th, F, Sa, Su)	Months	Date
Number of cigarettes smoked (0 if quit)		
<b>Mood and Experiences</b>		
Angry, irritable, frustrated		
Anxious, nervous		
Depressed, sad		
Desire or craving to smoke		
Difficulty concentrating		
Increased appetite, hungry, weight gain		
Insomnia, sleep problems, awakening at night		
Restless or impatient		
<b>Medication Side Effects**</b>		
Dry mouth		
Increased thirst		
Drowsiness, linessness, fatigue		
Increased sleep		
Dizziness		
Headache		
Increased sweating		
Increased salivation		
Nausea		
Other		

[www.quit.org.au](http://www.quit.org.au)

**Quitline**  
13 7848

**Quit**  
Victoria

To help with cravings, try the **4Ds**:



**quit.org.au**

**Quitline.**  
**13 7848**



### My quilt plan

My main reasons to quit smoking are:

---

---

---

---

I will save \$ \_\_\_\_\_ per week

My reward/goal is:

My health will improve in these areas:

### My management plan to stay smokefree

- ☐ Cut down
- ☐ Visit [www.quit.org.au](http://www.quit.org.au)
- ☐ Support from health practitioner
- ☐ Call Qline
- ☐ Nicotine replacement therapy products or quitting medication
- ☐ Support from family/friends

How much cash  
will you save  
if you stop smoking?



quit.org.au

**Quitline**  
**137848**



What support is available to help you stop smoking?

Did you know that using nicotine replacement therapy products or quitting medication, as well as coaching (like Quitline), is the best way to quit and stay quit?

Talk to your doctor or health practitioner  
about what your options are.

Ask them about accessing low cost nicotine replacement patches or quitting medication.

### Call Outline

For help to quit smoking call Outline (1-3 754-83).  
Our friendly Quit Specialists have helped  
thousands of smokers kick the habit.

Quitline.137848

**www.quit.org.au**



## My quit plan

### Tips to quit and stay quit



**www.quit.org.au**