

Recommendations for primary care providers

- Implement a practice-wide system that ensures the smoking status of every patient is up to date.
- Include smoking status in routine data collected (include date).
 - Document smoking status as: *Current smoker* *Ex-smoker* *Non-smoker*
 - For providers using patient charts, use smoking status stickers
 - Notate on computer records: *Smoker* *Ex-smoker* *Non-smoker*
- Ask how the patient feels about their smoking.
- Be aware that the most important variable determining how smokers will respond to any intervention is their **readiness to change**.
- Have a structured and agreed approach to assisting smokers who are ready to quit. For instance, **advice on a handout could include:**

- Set a quit date, ideally within two weeks
- Inform friends, family, co-workers of plans and ask for support to quit
- If the urge to smoke is strong, then: **Delay** (acting on the urge to smoke), **Deep Breathe**, **Drink water**, **Do something else**
- Remove cigarettes from home, car and workplace and avoid smoking in these places
- Review previous quit attempts – what helped, what didn't help, reasons for relapse
- Anticipate challenges, particularly during the first few weeks, including nicotine withdrawal
- Focus on the benefits and rewards of quitting
- Totally stopping is essential – not even a single puff
- Drinking alcohol is strongly associated with starting smoking again
- The **free QUITLINE** number – **0800 778 778**
- Contact details of free **Aukati Kai Paipa** Smoking Cessation Services and **NRT Exchange Card Providers** in their locality.

- **Anticipate barriers** and address them as appropriate for example fears about weight gain.
- Have culturally and educationally **appropriate materials** on smoking cessation (where available) in consulting rooms.
- Arrange smoking cessation training **for all health workers**.
- Offer smoking cessation support for health workers who smoke.
- Make **health facilities smokefree**.
- Contact and preferably network with local smoking cessation providers.