NRT and quitting advice for smokers in ED and on EDU

10 health benefits of stopping smoking

- Stopping smoking lets you breathe more easily
- Stopping smoking gives you more energy
- Ditch the cigarettes and feel less stressed
- Quitting leads to better sex
- Stopping smoking improves fertility
- Stopping smoking improves smell and taste
- Stop smoking for younger-looking skin
- Ex-smokers have whiter teeth and sweeter breath
- Quit smoking to live longer
- A smoke-free home protects your loved ones

NB: It's never too late to benefit from stopping!

Scan code for more information from NHS 'Quit smoking' page





Leicestershire & Rutland patients

Call **0345 646 66 66**

or text 'ready' to 66777

or go to QuitReady website by scanning QR code



Patient is a smoker, and requests to / is anticipated to leave the ED / EDU to smoke or vape, or shows strong nicotine craving • Inhalator: Use with Ask patient what type of caution in throat or short acting nicotine replacement bronchospastic disease agent they would prefer using • Lozenge: 4mg if patient (we have lozenges and inhalators) smokes 1st cigarette within 30 minutes of waking, otherwise 2mg Patient smoking 10 a day or more? Level 1 Level 2 If pregnant, breast-feeding or not If pregnant, breast-feeding or not smoking within 30min of waking smoking within 30min of waking Regular nicotine patch 15mg/16h Regular nicotine patch 25mg/16h All other patients All other patients Regular nicotine patch 14mg/24h Regular nicotine patch 21mg/24h Ask doctor or ACP to prescribe the appropriate patch and patient's choice of short acting agent [all can be found in NC Meds by going to

Give brief advice (unless inappropriate)

- say something like the below

Emergency Medicine (ED) > Addiction

management (ED) > Smoking cessation (ED);

NB: ignore the options not available in ED]

Give patient the relevant PIL (available for on-

demand printing from each area's 'PIL' menu)

- 'The single best thing you can do for your health is to stop smoking' (if time, explain some of the health benefits of quitting using the information in the speech bubble and encourage patient to scan QR code)
- 'The most successful way to stop is with NHS support and medication
- I can arrange that support for you right now - would you let me refer you to your area's Stop Smoking Service?'

Does patient

agree to referral?

NB: Patients who decline the offer may still selfrefer at any time Give them the

- For City patients, go to the Live Well Leicester online referral form
- For Leicestershire & Rutland patients, go to First Contact Plus online referral form

Call **0116 454 4000**

or go to <u>Live Well Leicester</u> Stopping Smoking website by scanning QR code



Stop Smoking PIL