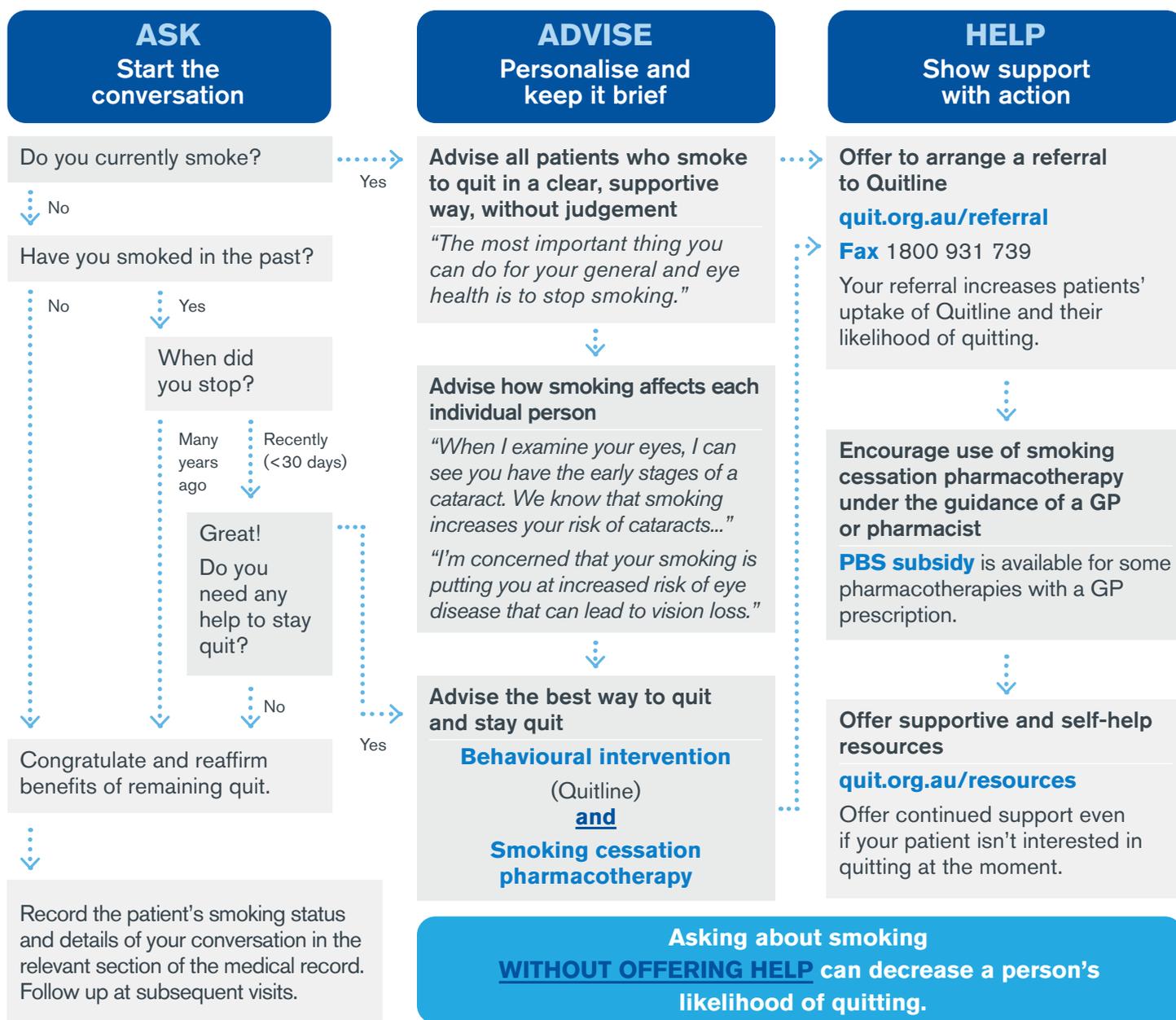


# Help someone stop smoking today

## A chairside guide for eye health professionals



Once you know that your patient smokes, **following up with a friendly offer of help has a significant impact on whether or not they try to quit.** The **3-step Brief Advice model for Smoking Cessation (Ask, Advise, Help)** is fast, simple and effective. It is well-accepted by patients and only takes a few minutes, so make it part of your routine practice today.



## Opportunities

An important part of **every** medical history and risk assessment

## Specific examples of relevant patient interactions include:

- Eye examinations, including for patients with or at risk of age-related macular degeneration, cataracts and glaucoma.
- Contact lens and dry eye examinations.
- When caring for pregnant women, as they are particularly open to changing behaviours.
- During pre-surgical and post-operative care appointments.
- Consultations with at-risk patient groups such as older people.

Learn more at: [quit.org.au/eyehp](http://quit.org.au/eyehp)

# Help someone stop smoking today

Smoking remains the leading cause of preventable death and disease in Australia. It is a major risk factor for some of the main causes of vision loss in Australia, including age-related macular degeneration and cataracts, and the benefits of quitting are significant.

Most people who smoke **want** to quit, most have **already tried** to quit, and they **expect your help**.

- ✓ Look for opportunities to talk with every patient who smokes using the **Brief Advice** model to guide you.
- ✓ **Encourage** and congratulate all quitting attempts.
- ✓ **Guide your patients towards evidence-based interventions** which give them the best likelihood of success: a combination of behavioural intervention (Quitline) and pharmacotherapy (where appropriate).
- ✓ Offer **self-help** materials and resources.
- ✓ **Document** all conversations and remember to **follow-up** at subsequent visits.

## Recommend pharmacotherapy

Smoking cessation pharmacotherapy helps to manage nicotine cravings and withdrawal symptoms.

- Pharmacotherapy options include nicotine replacement therapy (NRT), varenicline and bupropion.
- NRT includes patches (long-acting) and faster-acting formulations: mouth spray, lozenges, gum and inhalator.
- Some NRT formulations, varenicline and bupropion are eligible for PBS subsidy with a GP prescription.
- Let patients know their GP and pharmacist can provide support, including detailed information on which pharmacotherapies will work best for them.

## Refer to Quitline

Quitline is a free, specialist telephone counselling service. Benefits of referring to Quitline include:

- **Improved** patient access to support.
- Personalised plans **increase** quitting success.
- High level of patient satisfaction.
- **Tailored** programs for pregnant women, young people and people living with a mental illness.
- **Interpreters and Aboriginal Quitline counsellors are available.**
- Secure **online** and **fax referral** options.
- Referral feedback provided.
- Health professional enquiries welcome.

 **Quitline 13 7848**

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

## Number of people who quit following:

