ABUPT QUIT PROGRAMME - REDUCE DNAs

INCREASE QUIT RATES – quit rates should reach 35% or higher RECORD 4 WEEK QUITTERS -You are 5 times more likely to remain a nonsmoker if you MANAGE the first 28 days without a 'puff'

PRE REGISTRATION PROGRAMME AGREEMENT EXPLAINED, READ & SIGNED

(hard copy document for printing)

Doesn't feel ready to commit, provide information to safer alternatives to smoking ie vape. Explore any other wellbeing needs that aren't being met - refer (Essex Wellbeing Service) or signpost to other services. Suggest returning when ready. Explore possibility of "cut down to stop" CDTS

1st session – TEMPLATE 1 REGISTRATION & SUPPLY. Set quit date and plans to manage situational triggers/cravings & withdrawal management

Client does not return, attempt to make contact x3 within 1 week.

- a. No response proceed to TEMPLATE 3 apply lost to follow up.
- b. Does not want to continue proceed to TEMPLATE 3 apply not quit.
- Wants to continue, proceed to TEMPLATE 2 provide session and supply (must be within a week of missed appointment).

2nd/3rd week TEMPLATE 2 SESSION & SUPPLY. Check situational management for prior week & week ahead. Address any difficulties or occurrences of lapses.

4th week determine number of days since quit date

- a. If under 4 weeks & remaining smoke free, proceed to TEMPLATE 2 SESSION & SUPPLY.
- b. If you determine smoke free status has been achieved fully for at least weeks 3 & 4 proceed to TEMPLATE 3 apply quit outcome as a successful quit.
- c. If by week 4 there is still any level of smoking, END programme proceed to TEMPLATE 3 apply not quit. Advise client to take a few weeks break, help identify barriers, highlight & praise any achievements in this attempt.

Post 4 week quit

Proceed back to TEMPLATE 2 SESSION & SUPPLY for remainder of programme. Consider fortnightly appointments from here on

ANY CLIENT THAT YOU REGISTER WILL NEED TO HAVE AN OUTCOME SUBMITTED ON TEMPLATE 3. FOR A QUITTER – APPLY AS SOON AS 4 WEEKS SMOKE FREE IS ACHIEVED (template 3) FOR A LOST TO FOLLOW UP – APPLY WITHIN 2 WEEKS OF DNA (template 3) FOR A NOT QUIT – APPLY AS SOON AS THIS IS APPARENT & no more than 4 weeks (template 3)