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Cut Down to Stop specific interventions (CDTS)

The aim of the CDTS programme is to support smokers who express unwillingness or inability to stop smoking in the short-term by enabling them to gradually cut down their smoking over an extended period whilst receiving behaviour change support and a product, so that they may eventually become able and willing to attempt to quit altogether.

Use of stop smoking support for CDTS can assist in increasing patients' -

- Confidence in their ability to cope with cravings/urges to smoke and withdrawal
- Confidence in the role of stop smoking medications or vape to assist with cravings and withdrawal and value of behavioural support
- Motivation to make a quit attempt through positive reinforcement and problem solving
- Opportunities to access medications and behavioural support

A CDTS approach is a harm reduction approach that provides a 4-week pre-support phase and setting a quit date.

CDTS involves more prolonged behaviour support with Oral NRT or Vape.

(if the product does not agree with the patient, a change of product can be given in week two). It is important to have weekly contact with your patient during this period.

Behavioural techniques outlined in the standard treatment programme can be used with some small modifications for patients who are 'cutting down to stop', by the time the patient and you have agreed CDTS as the approach to be taken, you will have completed some of the initial assessment Behaviour Change Techniques (BCT's) like building rapport, assessing readiness and ability to quit, you can then:

1. Inform the client about the CDTS treatment programme.
2. Access current smoking routines and associated barriers [address -refer/signpost to third party services if appropriate](#)
3. Explain Tobacco addiction and what to expect in terms of withdrawal and cravings
4. Agree a reduction plan
5. Discuss the use of Oral NRT or vapes as part of their CDTS.
6. Identifying triggers and problem solving. When Where and Why [address -refer/signpost to third party services if appropriate](#)

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Rather than having the person commit to the not a puff rule, ask them to commit to the goals you have together established for the individual, e.g. using NRT, reducing the number of cigarettes smoked by? per day.

Strategies to reduce the number of cigarettes smoked per day with the help of NRT or nicotine-containing vapes may include service users:

- Delaying the first cigarette of the day
- Eliminating one cigarette a day, often in the order of what would be easiest to give up
- Increasing the time interval between cigarettes
- Choosing periods during the day, or specific occasions, when they will not smoke
- Choosing places such as the car, house, or other places where they spend time where they will not smoke

Working with clients to identify the strategy they will use to reduce their smoking is helpful to making the CDTS plan actionable.

It is important to agree on what the plan is and can place conscious effort towards this goal however small or large it may be.

It can be helpful to view CDTS treatment as including three phases:

- Preparation
- Cutting down with ORAL NRT or a vape
- Stopping smoking with NRT PATCH + ORAL NRT or a vape

Strategies for cutting out cigarettes

- *Delay 1st cigarette of the day
- *Choose periods of the day when they will not smoke
- *Start to eliminate one cigarette each day in the order of what would be easiest to give up
- *Increase the amount of time between each cigarette
- *Try practice quits by picking certain days and going half or all day without smoking
- *Ban smoking in certain places (eg your house, your car)

Source: NCSCCT.

When the 4-week CDTS has been completed praise the success of the patient and discuss the current willingness to quit.

If the patient still wishes to continue with the standard 8-week treatment programme, you can

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introduce the NRT Patch into the programme.

Advise the patient to start to use the Patch on the Quit date and continue with their Oral product. Continue with behaviour change support

IDENTIFY SERVICES THE PHARMACY MAY PROVIDE OR ASSIST WITH SOCIAL PRESCRIBING ie Referral, signposting to EWS, Active Essex, Alcohol Services etc.

Pathways: Cut Down to Stop and Traditional Quit programme

T1 REGISTRATION APPOINTMENT (use the programme agreement prior to registration)
1. Initial Consultation to ascertain the most appropriate pathway for the client. If CDTS is chosen, please follow below. If 8-week abrupt quit programme is selected, please move to the 8-week pathway below.
2. Give advice and guidance and discuss previous barriers and triggers. Following this discussion, tailored support to be put in place.
3. A future quit date (max. 4 weeks) must be entered on 'Registration & 1 st appointment
4. A reduction goal should be set for the week. After discussing the types of smoking aids available and which would be best suited, 1 quick release Smoking Aid or Vape starter kit, should be supplied
Based on the reduction plan, the amount of NRT/Vape juice provided to be monitored by advisor CDTS may not need as much whilst cutting down so you may want to start with one week's supply and monitor

Week 1 post registration
Evaluate with the client if the plan and reduction is working.
1. If the client has managed to cut down, complete the consultation and discussion around what has worked well and if the smoking aids are suitable. Add new goals for the following week. Use template 2 session & supply.
2. If the client has not managed to stick to the reduction plan, discuss any issues they may be having i.e. wrong type of smoking aid / struggling with triggers and put support in place ie: social prescribing. Have a discussion if the client is still wanting to cut down and follow the plan. If the client is still wanting to quit then prescribe one weeks smoking aid and set goals to achieve by next consultation, advise client that if they have not managed to reduce by next meeting, we would not be able to prescribe any further smoking aids. Use template 2 session & supply.
3. If the client does not want to continue, discuss why. If they are not ready now, advise they can come back when ready. Use template 3 quit outcome - apply Not Quit.
4. If they no longer wish to quit smoking, ensure they have the service contact information should they wish to try again in the future.

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Based on the reduction plan the amount of NRT/Vape juice provided to be monitored by advisor CDTs may not need as much whilst cutting down so start with one week's supply and monitor.

Week 2 post registration

Evaluate with the client if the plan and reduction is working.

1. If the client is still reducing well, check if the client still wishes to continue with the reduction programme or if they are ready to go onto the quit programme. If they wish to continue to reduce, set further reduction goals and check if any smoking aids are required, if so prescribe 1 quick release NRT or Vape. Use template 2 session & supply.

2. If the client has not managed to reduce, advise we are not able to prescribe anymore smoking aids and offer behaviour change techniques or other combined options ie: referral to other lifestyle services. Use template 3. apply Not Quit. Advise they can return when ready to quit.

3. If the client does not want to continue, discuss why. If they are not ready now, advise they can come back when ready. Use template 3. apply not quit.

4. If they no longer wish to quit smoking, ensure they have the service contact information should they wish to try again in the future.

Based on the reduction plan the amount of NRT and Vape juice provided to be monitored by advisor. CDTs may not need as much whilst cutting down so start with one week's supply and monitor.

Week 3 post registration

Evaluate with the client if the plan and reduction is working.

1. If the client is still reducing well, check if the client still wishes to continue with the reduction programme or if they are ready to go onto the quit programme. If they wish to continue to reduce, set further reduction goals for one more week and check if any smoking aids are required. Advise the client this is the last week for the reduction programme and next week will be the start of the 8-week quit programme. Use template 2 session & supply (apply notes smoking reduced CDTs)

2. If the client has not managed to reduce, advise we are not able to prescribe anymore smoking aids and offer behaviour change techniques. Use template 3 apply Not Quit (add notes CDTs not achieved)

5. If the client is not ready to completely quit smoking or is happy to remain with the current status of reduction, inform the client that we will need to end the support at this point and advise they can come back when ready to quit. Use template 3 apply Not Quit (add notes smoking reduced CDTs). Discuss social prescribing if appropriate.

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8 Week ABRUPT Quit Programme Pathway

Please be advised the below is a pathway showing each individual week. You have the professional freedom to decide how many sessions and the type of session i.e. face to face or telephone, you wish to have throughout the required 8 weeks support.

If client wishes to quit smoking without using any smoking aids, please advise them to look at the Allen Carr Programme on the Essex Wellbeing Service Website - www.essexwellbeingservice.co.uk

CLIENT WHO IS ON THE ABRUPT QUIT PROGRAMME STRAIGHT AWAY Week 1 - use - template 1 registration
CLIENT FOLLOWING ON FROM CDTS – CARRY ON USING T2 SESSION & SUPPLY. AT THE 4 WEEK SMOKE FREE SESSION GO TO T.3 (note: 4 weeks from quit date not from start of CDTS)
Have an Initial Consultation with advice and guidance given using the pre assessment document prior to sign up.
Enter quit date on the system and explain the Not a Puff Rule (CDTS- you have already done this on T1)
If following on from the CDTS programme, you do not need to re-enter the quit date as that will already be on PharmOutcomes and you should use session & supply T2
Discuss triggers and set goals for the week.
Discuss and provide appropriate smoking aids or vape starter kit. Advise the client that during the process the strength of the smoking aids and usage will be reduced to enable them to be smoke free and not requiring any smoking aids by the end of the 8 weeks.
Discuss the strength of the NRT and Vape juice (below) required based on their current smoking pattern
Highest strength of 1.6% - 16mg / Middle strength 1.0% - 10mg / Lowest strength 0.6% - 6mg

Week 2 post registration (week 5 if following from CDTS) template 2 session & supply
Check if client has started their NRT / Vape. Check if they are doing well with the choice of smoking aid.
Have a discussion around how the previous week has gone and has the client managed to stick to the quit date.
Discuss any struggles they may have and support to overcome these.
Discuss behavioural support and any areas they may struggle with this week and triggers

Week 3 post registration (week 6 if following from CDTS) template 2 session & supply)
Have a discussion around how the previous week has gone and has the client managed to stick to the quit.

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Discuss any struggles they may have and support to overcome these.

Discuss behavioural support and any areas they may struggle with this week and triggers

Discuss and provide appropriate smoking aids or vape

Week 4 post registration (week 7 if following from CDTS) template 2 session & supply or go straight to template 3 if you have a 4 week quit)

Have a discussion around how the previous week has gone and has the client managed to stick to the quit.

Discuss any struggles they may have and support to overcome these.

Discuss behavioural support and any areas they may struggle with this week and triggers

Week 5 post registration (week 8 following CDTS) Check below which template you should use (ie: template 3. if submitting a 4 week quit or no.2 if the 4 week quit has already been submitted the previous week.

Have a discussion around how the previous week has gone and has the client managed to stick to the quit.

Discuss any struggles they may have and support to overcome these.

If there has been 28 days smoke free since the quit date, enter the outcome on the system using the correct template no.3 'successful quit' DO THIS ONLY ONCE, all other follow up sessions use Template no.2.

If client is still smoking at this point, please advise we would not be able to supply any more smoking aids, discuss with the client the obstacles that stand in their way and if they want to continue and quit. If client is not committing to quit, care will need to be ended on **template no.3 as Not Quit**

Discuss the need to start reducing the strength and usage of the Smoking Aids, both NRT and Vape juice from now going forward until the end of the sessions.

Also discuss setting some goals for reducing the amount they are using of the smoking aid i.e. delaying first usage of the day and / or increasing intervals during the day of usage.

Discuss behavioural support and provide appropriate smoking aids or vape Juice only, Advise the client when providing vape juice they need to have lower strength - e.g.

vape juice, reduce to – 2 x highest strength of 1.6% / 16mg and 3 x Middle strength 1.0% / 10mg juice (Max)

Week 6 post registration (week 9 following CDTS) template no.2 session & supply)

Have a discussion around how the previous week has gone and has the client managed to stick to the quit.

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Discuss any struggles they may have and support to overcome these.
If there has been 28 days smoke free since the quit date & you have not yet entered this on template 3. Do this now. Otherwise, use template no2.
Discuss how the client is doing with the reduction of strength of the smoking aids, and the reduction of usage, has there been any issues and what can be done to overcome these, support to be put in place.
Discuss setting some new goals to continue reducing the amount they are using of the smoking aid.

Week 7 post registration (week 10 CDTs) template no2. Session & supply
Have a discussion around how the previous week has gone. Discuss any struggles they may have and support to overcome these.
Discuss behavioural support and advise the client that this is the last week of receiving smoking aids.
Discuss setting some new goals to continue reducing the amount they are using of the smoking aid.
Provide appropriate smoking aids or vape Atomiser, ensuring the reduction is in place and this is for the lowest strength.
Advise the client when providing vape juice they need to order lower strength - e.g. vape juice, reduce to – 2 x Middle strength of 1.0% / 10mg and 3 x Lowest strength 0.6% / 6mg juice (Max)

Week 8 post registration (week 11 CDTs) template no.2 session & supply
Have a discussion around how the previous week has gone. Discuss any struggles they may have and support to overcome these.
Discuss setting some new goals to continue reducing the amount they are using of the smoking aid for the final week, with the end goal being they no longer require the aid.
Discuss with the client for them setting personal goals to help them to remain smoke free after the support has ended.

Week 9 template no. 2 session & supply
Final call with client to check in for any issues and to check if they are no longer using the smoking aid and have reduced off completely.
Check they are confident to remain smoke free and have put plans in place to support themselves.
End support

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Ensure the record has both a quit date and outcome recorded for payment.ie:

Template no.1 Registration will have a quit date

Template no.3 will have a record of QUIT CO VERIFIED/QUIT SELF REPORTED/NOT QUIT/LOST TO FOLLOW UP

This must be completed within 42 days of a quit date even if your client did not return!

Using our Vape offer Visit totallywicked.co.uk & attend an on line training session.

If your pharmacy decides to include a vaping Health improvement approach in the stop smoking offer, the EWS will arrange provision of Vapes provide from Totally Wicked.

2. Allowance – Each client following the 8-week quit pathway will be entitled to receive a maximum of 4 products throughout the programme. Any client that starts with CDTS will receive extra for the 4-week pre support period (a maximum of 2 can be given during the CDTS programme only if the client has cut down by at least half to receive the 2nd)

Additional Information:

For more information about Totally Wicked, please visit their website: Totally Wicked.
All vapes accessible are approved by Essex Trading Standards.

Totally Wicked Compatible Charger Message

Please ensure all clients who request the vape offer are given the information on the Totally Wicked Compatible Charger Message

Varenicline

Follow PGD available to view on PharmOutcomes T1

Supply for a Maximum of 12 weeks

Set quit date on T1 (max 2 weeks CDTS)

Monitor weekly (from mid programme, fortnightly appointments may be adequate)

Provision of Varenicline - Pharmacist or registered technician

Provision of Support – NCSCCT advisor

Behaviour Change Tips Discussing readiness

The readiness ruler is a simple tool that helps gauge an individual's readiness to quit smoking on a scale from 1 to 10.

- Question: "On a scale from 1 to 10, where 1 is not at all ready and 10 is completely ready, how ready are you to quit smoking?"
- If the person rates themselves below 5, they may be in the precontemplation or contemplation stage.
- If the rating is between 5 and 7, they might be in the contemplation or

preparation stage.

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- Ratings above 7 indicate they are likely in the preparation or action stage.

Motivational Interviewing

Motivational interviewing is a counselling approach that helps individuals explore their readiness and motivation to change. Key questions can include:

Exploring Ambivalence:

- "What do you enjoy about smoking? What do you dislike about it?"
- "What are some reasons you might want to quit smoking? What are some reasons you might not want to quit?"

Enhancing Motivation:

- "How would your life be different if you quit smoking?"
- "What would need to happen for you to feel more ready to quit smoking?"

Decisional Balance Worksheet

This tool helps individuals weigh the pros and cons of smoking and quitting smoking.

- Exercise: Have the person list the benefits and drawbacks of smoking on one side and the benefits and drawbacks of quitting on the other side.
- Discussion: "What stands out to you from this list? What are the most important factors for you?"

Self-Efficacy Assessment

Assessing a person's confidence in their ability to quit smoking can provide insights into their readiness.

- Question: "On a scale from 1 to 10, where 1 is not at all confident and 10 is very confident, how confident are you that you can quit smoking?"
- Follow-up: "What would it take to move your confidence level higher?"

Barriers and Facilitators

Identifying barriers to quitting and facilitators that could help can assess readiness and plan support.

- Question: "What do you think are the biggest obstacles to quitting smoking for you?"

"What support or resources do you think would help you quit smoking?"

Previous Quit Attempts

Understanding past attempts to quit can provide insights into readiness and necessary adjustments for future success.

- Question: "Have you tried to quit smoking before? What worked and what didn't work?" "What would you do differently this time?"

Mindfulness and Smoking

Research has shown that combining NRT and Vape with mindfulness can be more effective than using NRT and or Vape alone. For instance, a study published in the journal "Addiction" found that participants who used mindfulness-based interventions in addition to NRT and Vape and had higher

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quit rates compared to those who only used NRT and or Vape. Goal setting can be a powerful tool in the process of quitting smoking. It helps by providing structure, motivation, and a clear roadmap for achieving the ultimate objective of becoming smoke-free.

ORDER FREE POSTER TO DISPLAY:

<https://campaignresources.dhsc.gov.uk/campaigns/better-health-quit-smoking/quit-smoking-Pharmacist-poster/>

Report Run on PharmOutcomes

To view activity in the form of a report Go To: REPORTS

You can run T1 showing clients that have set quit dates with you.

You can run T2 showing sessions of activity for session & supply.

You can run T3 showing outcomes that you have logged.

Define the period you want the report to run for ie: this financial year/this quarter.

Run the report as CSV file to show columns/rows of data rather than a graph.