

## STOP SMOKING Community Pharmacy AGREEMENT **ABRUPT QUIT PROGRAMME**

You are 4 times more likely to successfully quit smoking with a qualified stop smoking advisor and medication to manage withdrawal symptoms. Abrupt quitting is evidenced as the best way to quit.

- Medication will help take the edge off withdrawal if used correctly.
- The first four weeks can be the hardest as nicotine receptors are at their strongest and most demanding.
- This will also be the time to establish strategies to distract from triggers and cravings. Any smoking, during this process can sabotage a quit attempt and prevent the receptors from weakening.
- It is the combustion of tobacco through cigarette smoking that is dangerous to health not the nicotine.
- Nicotine replacement is safe to use and you may find that a longer use of these products, at the end of the programme, will help you remain smoke free (available by purchase only).
- This programme provides a maximum of 8 weeks Nicotine Replacement Supply from your quit date providing that you maintain a smoke-free status.

## STOP SMOKING Community Pharmacy AGREEMENT **CUT DOWN TO STOP**

- Providing a maximum period of 4 weeks reduction prior to your quit date.  
Your advisor can explain in more detail if you would like to explore this option.

We want you to succeed and we understand it can take a number of attempts before you get there. So if you've tried before, tell us about any previous experience. Together, we can look at what worked and what didn't with an insight into improving your strategies for success.

So, if quitting is your priority and you are ready to say YES to the following, we would love to help you.

### **I agree with the following:**

- I agree to set a quit date with my advisor & from this point will not smoke.
- I will plan and review coping strategies with my advisor.
- I will commit to a regular contact schedule and be available for our agreed appointments
- I will give at least 24 hours' notice prior to my appointment if I am unable to attend.
- If I fail to attend two consecutive appointments without providing prior notice, I understand the programme of care will be ended.
- I understand the supply of products & continuation of the programme is dependent on my adherence to the above points.
- I shall read the leaflet contained in the medication & discuss anything of concern with the pharmacist.
- Any advice or support given by my adviser should not be commenced, until I am confident it does not contradict any specialist advice or guidance given to me by another health professional.
- If I am using other prescription medication, I will discuss with my Pharmacist the proposed smoking cessation treatment plan to consider any possible medication interactions before commencing treatment.

Client Name: \_\_\_\_\_

Date: \_\_\_\_\_

Name of advisor and contact: \_\_\_\_\_

It can take many attempts to successfully quit for good and every attempt to quit brings you closer to achieving your ultimate goal. If you do not manage this time, take a look at what worked and what you discovered about your quit attempt, what you might do differently the next time and whether you might need support from any other services. Your advisor will be able to signpost you to other services that might be of help to you. You can re start the programme in the future, when you feel able to commit to the 'not a puff rule' with us.

Data protection: In accordance with data protection legislation meaning the General Data Protection Regulation ((EU) 2016