

Quit Your Way Pharmacy 12wk Support Programme and Your PCR

Week 0	Pre Quit Assessment Readiness and Motivation/ Quit Date/Products/ Withdrawal Symptoms/ CO Monitoring/commitment	Recording PCR Initial Data Capture Record new client on PCR Do not record Quit Date until client returns for Wk1	
Week 1	Quit Date Readiness and Motivation/Products/Withdrawals/managing cravings/changing routines/high risk situations/CO Monitoring/commitment IMPORTANT Do not set Quit Dates more than 14days in advance on PCR	Quit Date Set (QDS) Submit between Wk0-Wk1	Remuneration 1st Payment £30
Week 2/3	Post Quit Date Support Follow up client progress/ Withdrawals/cravings/coping strategies and difficult situations/high risk situations/'not a puff rule'/commitment	Record weekly contact on PCR (telephone/face to face)	
Week 4 ** IMPORTANT**	Post Quit Date Support Follow up client progress/ Withdrawals/cravings/coping strategies and difficult situations/high risk situations/'not a puff rule'/commitment	Submit 4 Week MDS <i>(including product type & No. of weeks used)</i> IMPORTANT Please follow up clients (minimum 3 attempts) and submit no later than <u>week 6</u> from QDS	Remuneration 2nd Payment £15
Week 5/6	Post Quit Date Support Follow up client progress/ Withdrawals/cravings/coping strategies and difficult situations/high risk situations/'not a puff rule'/commitment		
Week 7 – Week 11	Post Quit Date Support Follow up client progress/ Withdrawals/cravings/coping strategies and difficult situations/high risk situations/'not a puff rule'/commitment	Record weekly contact on PCR (telephone/face to face)	
Week 12 ** IMPORTANT**	Final Post Quit Session Check client progress/ Withdrawals/cravings/coping strategies and difficult situations/high risk situations/'not a puff rule'/commitment/ongoing support available	SUBMIT 12 Week MDS <i>(including product type & No. of weeks used)</i> IMPORTANT Please follow up clients (minimum 3 attempts) and submit no later than <u>week 14</u> from QDS* * failed quit attempts can be submitted from week 10*	Remuneration 3rd Payment £35

IMPORTANT!

- Please update PCR weekly. All data from the PCR is uploaded on a Wednesday evening to the national ISD Database where information is processed for payments to be made and data/statistics updated.
- Pharmaceutical usage and number of weeks used **MUST** be updated at the time of the 4 week & 12 week submission.
- Do NOT put pharmacy phone number as client contact as this generates an error, if you do not know the telephone number please put 'unknown'.
- Nicotinell NRT is NHS Lanarkshire's first line formulary stop smoking product. See link for details: <https://nhs.uk/guidelines/scot.nhs.uk/medicines-guidance/joint-adult-formulary/chapter-4-central-nervous-system/drugs-used-in-substance-dependence/nicotine-dependence/>