

Stop Smoking Support Information



The Quit Your Way team is here to support you.

For any questions related to PCR, quit dates, or follow ups, sundries, or anything else, you can contact the Pharmacy Assist Team (PAT)

Team	Phone number	Email
PAT	0131 537 7154	loth.qywp@nhs.scot

If you have any patients that need a bit more support or would like to attend a support session with our team you can refer them to us.

Team	Phone number	Email
Edinburgh	0131 286 5113	loth.smokefreeedinburgh@nhs.scot
West Lothian	01506 651 829	loth.smokefreewlothian@nhs.scot
East & Midlothian	0131 537 9914	loth.smokefreeemlothian@nhs.scot
Include patient's name, phone number, date of birth and address		

The Community Pharmacy Scotland website has more information and links to relevant training-

www.communitypharmacy.scot.nhs.uk/nhs-lothian/pages/stop-smoking/

It can take as little as 30 seconds to save a life!

Have you given your patient Very Brief Advice (VBA)? A quick conversation can give a smoker the information to help them to make a quit attempt. Follow the 3 As.

Ask “Do you smoke, or do you know someone who smokes”?

Advise “Do you know you can receive free support to stop smoking right here in our pharmacy.”

Act

If interested in stopping smoking- “Let’s set up a date and time to discuss further”

If not interested- “Help will always be available. You can always return to see me”

Type of medication		Quick explanation to patient
Nicotine replacement therapy (NRT)	Patch	Gives your body a small, steady dose of nicotine through your skin
	Gum	You chew the gum slowly until soft, then park it between your cheek and gum to let the nicotine absorb.
	Lozenge	Place in your mouth and let it dissolve slowly- don’t chew or swallow it. Park it between cheek and gum areas.
	Inhalator	Insert a nicotine cartridge into the inhalator. When you puff on it, aim it toward your cheek lining to absorb the nicotine.
Varenicline	A prescription medication. A tablet that you swallow. It helps by blocking nicotine receptors and reduces cravings. (Refer to Quit Your Way if there is no one who can prescribe this for your patient).	