Stop Smoking Service Newsletter

October 2018

Introduction

Help to Quit?

Some people find nicotine withdrawal the hardest thing to handle when quitting. If this sounds like you then there is no need to worry. There are a number of stop smoking medications out there that can give you the extra support you need to beat the addiction.

One of those medications is Champix, well what is Champix?

Champix is a medication that has been developed specifically to help smokers quit. It can reduce craving and withdrawal that may hamper your quit attempt and improves your chances of successfully quitting for good.

Quit Your Way Fife is our local stop smoking service and can help you decide what is best for you and can discuss in more detail how you can access Champix. Fife community pharmacies can also support you to quit and dispense and monitor your use of Champix if this is the best option for you.

Further information on Champix has been included in this newsletter and provides the evidence and background to its development.

(Other medication is available, just call freephone number 0800 025 3000 for a chat or pop into your local pharmacy)

Misconceptions around nicotine are a major obstacle

Recent Public Health England report stated that around 60% of smokers want to quit, 10% of which intend to do so within 3 months. Currently, around half of all smokers in England try to quit unaided using willpower alone, despite this being the least effective method. Getting support can greatly increase a person’s chances of quitting successfully.

‘There is a widespread misconception amongst smokers and health professionals that most of the harm of smoking comes from nicotine. This is perhaps the greatest obstacle we face as it leads to both nicotine replacement therapy (NRT) and e-cigarettes being perceived as harmful and as a result, smokers may not make a quit attempt using one of these routes’.

Stop Smoking Clinics available throughout Fife.

Please call 0800 025 3000 for up-to-date information.

Email: Fife-UHB.smokingcessation@nhs.net
The latest scientific evidence supports providers of stop smoking services when considering Champix as a treatment option for smokers who want to quit.

The black triangle ▼ which is used on medicines to indicate that additional safety monitoring is required for a medicine has been removed.

EAGLES STUDY – The Evaluating Adverse Events in a Global Smoking Cessation Study (EAGLES) is the first and largest randomised, double-blind, placebo-controlled clinical study of approved stop smoking medicines to date, including 8144 adult smokers with and without a history of psychiatric disorder.

The results suggest that **Champix does not significantly increase the risk of neuro-psychiatric adverse events** in patients with or without a history of psychiatric disorder.

The most frequent adverse event by the treatment group using Champix was nausea. Patients taking Champix in the EAGLES study showed statistically superior continuous abstinence rates at weeks 9 – 12 and 9 – 24 compared with patients treated with a placebo, bupropion or the nicotine patch.

Temporary Abstinence Model

The promotion and use of Nicotine Replacement Therapy (NRT) is a priority for NHS Fife as a key element of the Health Promoting Health Service agenda. This will ensure people admitted to hospital have access to NRT to reduce the impact of nicotine withdrawal, supporting compliance with smoke free hospital sites and promote the benefit of quitting.

A small working group are developing a Fife model to successfully integrate stop smoking interventions within the hospital environment. The intention being to provide educational support and advice to patients motivated to stop smoking or to manage temporary abstinence by encouraging a harm reduction approach to smokers unable or willing to quit.

The model will encourage safe and effective use of NRT in line with local and national policy. It is aimed at a wide range of health professionals who have an opportunity to raise the issue of smoking through normal day to day interactions with patients, supporting the Health Promoting Health Service ethos – ‘every healthcare contact is a health improvement opportunity’.

For further information, contact the Stop Smoking Service on 0800 025 3000.

Carnegie Leisure Centre Drop-In

Saturday 12.30—2.30 pm

Pop along for a chat with our advisor or sign up for a quit attempt.

Call 0800 025 3000 Mon-Fri to check which Saturdays we’re here.