



Top tips for delivering stop smoking in your pharmacy

The New Year and time for making resolutions is upon us, so take advantage of this time of year when more people will be making a change and stopping smoking.

Quit 51 have produced 10 Top Tips for delivering the stop smoking programme in your pharmacy and for making sure your clients stick with the programme and go smokefree:

1. Delivering Health Checks and MURs? Include CO Monitoring for all clients who smoke and offer the stop smoking programme to them.
2. Ensure all staff promote the in-house stop smoking service to any clients looking at or purchasing NRT products and electronic vaporisers. Remember: clients who want to use e-cigarettes can still sign up to the programme.
3. Ensure your stop smoking service is visible and promoted using available local resources and link in with National Campaigns (Quit Kits, Stoptober etc). Contact Quit 51 for resources.
4. Check current smoking status on clients receiving prescriptions for any respiratory drugs.
5. Ask clients purchasing cough medicines or similar products who you think may smoke “Does anyone in the household smoke?” Remind clients that smoking could be exacerbating the cough for the smoker themselves and those breathing in secondhand smoke.
6. Tell clients you will check their CO reading at every session – this tends to motivate clients to attend their appointments.
7. Suggest clients who pay for prescriptions purchase a pre-payment certificate as this works out cheaper. If they have paid upfront they are more likely to complete the programme.
8. Always confirm next follow up appointment – don’t leave it open for client to “just pop in”. Create appointment cards recording the date of the next appointment and their CO reading.
9. Can’t contact your clients? Check you have the correct contact number for them during their appointment and test the number. Make sure the client has the pharmacy number.
10. Ask clients to promote the service and tell other smokers about the great support service they received!

For more information, help and advice, contact **Quit 51**:

Call: 0800 622 6968

Email: contact.quit51@nhs.net

Stop smoking training booking site: <https://v1.bookwhen.com/v8auz>