



**Ask**

Do you smoke?



**Advise**

Discuss the best ways to quit



**Act**

Refer for further support



**Act**

Offer stop smoking medications



# Ask

And record smoking status



## Who?

Every healthcare professional should ask, at every stage in the perioperative journey.

This is the single most effective healthcare intervention we can make.

## How?

Use open questions and non-judgemental language.

Ask about:

- Current or previous smoking habits.

Record any discussion, interventions or referrals.

Patients expect their healthcare team to discuss smoking and are generally open to these conversations .

## When?

As soon as surgery is contemplated.

At every opportunity.

At any point in the perioperative pathway.





# Advise

Discuss the best ways to quit



Did you know the best way of stopping smoking is with a combination of specialist support and medication or e-cigarettes?

## Advise on the most effective way of stopping smoking

The best evidence is for interventions which start pre-op, continue post-op, and include both behavioural support and pharmacotherapy.

“Did you know the best way of stopping smoking is with a combination of specialist support and medication or e-cigarettes?”

## How?

Use guidance like *Very Brief Advice*.

Explain:

- What local services are available.
- That you can help by referring them.
- That you can prescribe medication or they can obtain it themselves.

I can refer you to the Local Stop Smoking Service who have supported many of my patients to successfully quit

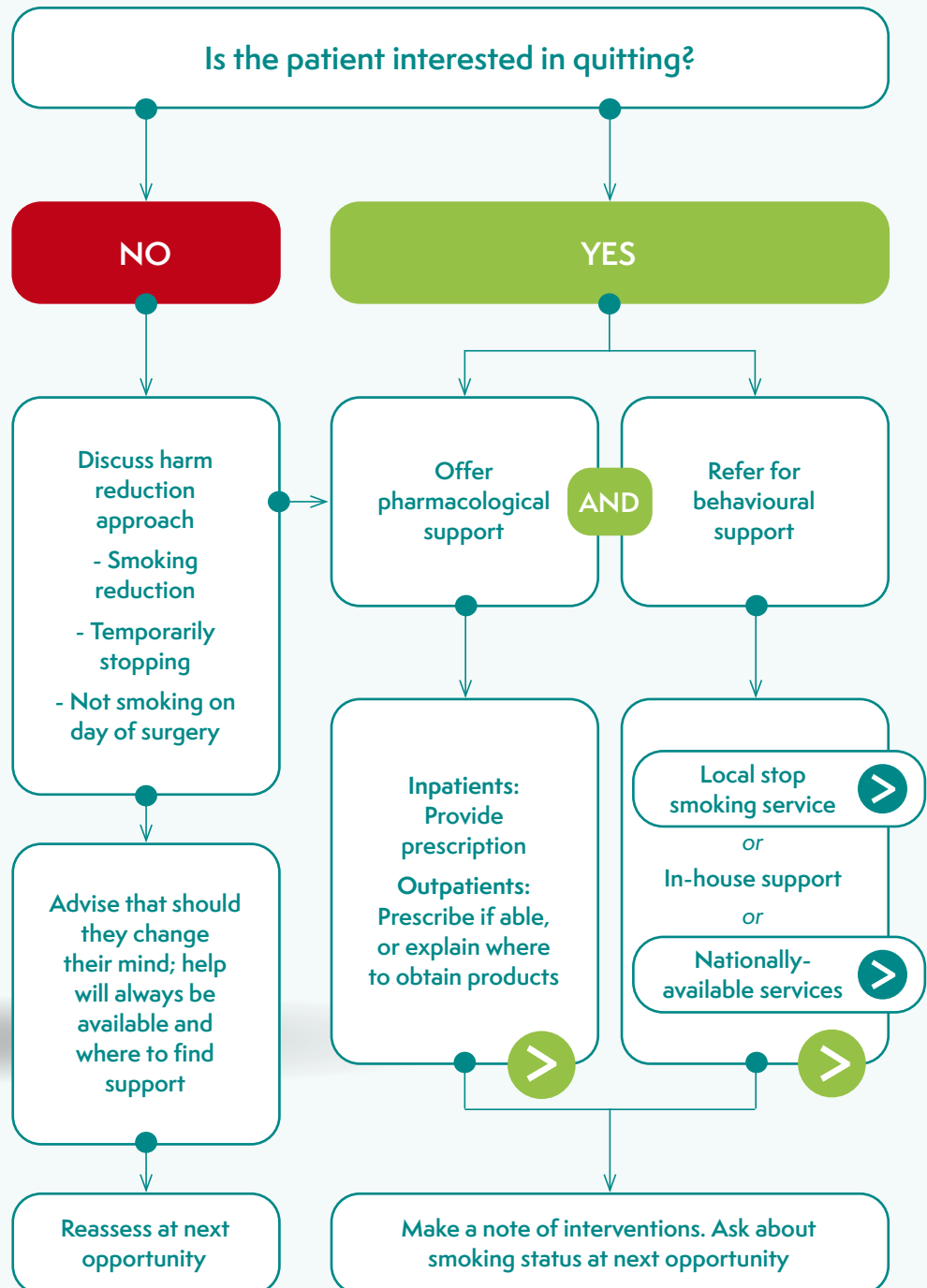
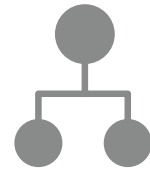
Training is available: [VBA](#) and [NCSCCT](#)

## Top tips for quitting

- Set a quit date.
- Involve family and friends.
- Make a list of triggers and how to avoid them.
- Have a plan for dealing with cravings: exercise, distraction and nicotine replacement all help.
- Remember: - Each craving only lasts 90 seconds.  
- Withdrawal symptoms reduce after 2 weeks.

# Act

## Flowchart description





# Act

## Behavioural Support



### Local Stop Smoking Service Finder

- [Local service finder](#)
- Support from a trained stop smoking specialist improves quit success rates.
- Face-to-face counselling, either individual or group, is 'gold standard'.
- Referral to local services should therefore be made wherever possible.
- Nationally-available services such as telephone, text message or app-based support may also be beneficial.

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### Nationally-available services

#### Individual support and self-help

- [NHS 'Quitlines'](#): Free national helplines.
- [NHS Smokefree](#): For information, self-help and phone/email support.
- [NHS Quit Smoking App](#): Available for [Apple](#) and [Android](#).

#### Group Support

- [NHS Smokefree Facebook Community](#): Online support group.

# Act<sup>12</sup>

## Pharmacological Support



### First Line

#### Combination NRT

Patches + faster-acting product e.g. gum or nasal spray

or

**e-cigarettes / 'vapes'** ➤

or

#### Nicotine analogues

Cytisine or Varenicline

### Combination

#### Nicotine Replacement Therapy

and

#### Nicotine analogues

Cytisine or Varenicline

Free prescriptions may assist patients in accessing stop smoking medications, but not all products are licensed for the UK prescription.

Product	OTC	Prescription
NRT	✓	✓
e-Cigarettes / Vapes	✓	✗
Cytisine	✗	✓
Varenicline	✗	✓

In some areas local authority SmokeFree services provide vapes free of charge.

- Further guidance on prescribing can be found [here](#) or in the British National Formulary.

# Vapes and e-Cigarettes

## What are ENDS?

- Electronic nicotine-delivery systems, also known as 'vapes', 'e-cigarettes' or 'e-cigs'.
- These devices produce an aerosol, known as 'vapour', which is then inhaled.
- Vapes/e-cigarettes on sale legally in the UK are regulated by the [MHRA](#).
- Current evidence suggests in the short and medium term, vaping poses a small fraction of the risks of smoking .

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## Who may benefit from ENDS?

- People who currently smoke, as a tool to quit .
- Nearly two-thirds of people who use ENDS alongside Stop Smoking Services manage to quit .
- A cochrane living systematic review suggests more people stop smoking using ENDS than with other NRT .

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## Where can ENDS be obtained?

- Patients can purchase ENDS themselves from:
  - Specialist shops (high street or online).
  - Some pharmacies or supermarkets.
- Vapes and e-cigarettes cannot be prescribed but are provided by some Stop Smoking Services.

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## Who should not use ENDS?

- People who do not already smoke.
  - Young people under 18.
  - Although ENDS are much less dangerous than smoking, they are not risk free.
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# Links and references

## Background

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2. Harrogate S, Barnes J, Thomas K, Isted A, Kunst G, Gupta S, et al. Peri-operative tobacco cessation interventions: a systematic review and meta-analysis. *Anaesthesia*. 2023;78(11):1393–408
3. Thomsen T, Villebro N, Møller AM. Interventions for preoperative smoking cessation. *Cochrane Database of Systematic Reviews* [Internet]. 2014 [cited 2024 Feb 14];(3). Available from: <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD002294.pub4/full>
4. Shi Y, Warner DO. Surgery as a teachable moment for smoking cessation. *Anesthesiology*. 2010 Jan;112(1):102–7
5. West, T. Tobacco smoking: Health impact, prevalence, correlates and interventions. *Psychol Health*. 2017 Aug;32(8):1018-1036

## Why does it matter?

6. National Centre for Smoking Cessation and Training. Surgical patient factsheet [Internet]. 2020 [cited 2024 Feb 14]. Available from: <https://www.ncsct.co.uk/publications/interventions-in-secondary-care-june-10-surgical-patients>
7. Action on Smoking and Health. Smoking and Surgery [Internet]. 2023 [cited 2024 Feb 14]. Available from: <https://ash.org.uk/resources/view/smoking-and-surgery>

## Ask - training links

8. Butler CC, Pill R, Stott NC. Qualitative study of patients' perceptions of doctors' advice to quit smoking: implications for opportunistic health promotion. *BMJ*. 1998 Jun 20;316(7148):1878-81. doi: 10.1136/bmj.316.7148.1878. PMID: 9632409; PMCID: PMC28587

## Advise

VBA: <https://www.ncsct.co.uk/publications/very-brief-advice>

NCSCT e-learning: <https://elearning.ncsct.co.uk/england>

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10. National Institute for Health and Care Excellence. Tobacco: preventing uptake, promoting quitting and treating dependence [Internet]. NICE; 2021 [cited 2024 Feb 14]. Available from: <https://www.nice.org.uk/guidance/ng209>
11. National Institute for Health and Care Excellence. Smoking cessation | Health topics A to Z | CKS [Internet]. 2023 [cited 2024 Feb 14]. Available from: <https://cks.nice.org.uk/topics/smoking-cessation/>



## Act

12. NHS Standard Treatment Plan for Inpatient Tobacco Dependence. NHS England. 2024. [www.ncsct.co.uk/library/view/pdf/Standard-Treatment-Plan-for-Inpatient-Tobacco-Dependence.pdf](https://www.ncsct.co.uk/library/view/pdf/Standard-Treatment-Plan-for-Inpatient-Tobacco-Dependence.pdf)

## Services links:

Local service finder: <https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/>

Quitlines <https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/>

NHS Smokefree: <https://www.nhs.uk/better-health/quit-smoking/>

Quit smoking app:

- Apple: <https://apps.apple.com/gb/app/nhs-quit-smoking/id687298065>
- Android: [https://play.google.com/store/apps/details?id=com.doh.smokefree&hl=en\\_GB&gl=US&pli=1](https://play.google.com/store/apps/details?id=com.doh.smokefree&hl=en_GB&gl=US&pli=1)

Smokefree facebook community: [https://www.facebook.com/groups/707621863012993/?source\\_id=162994267161135](https://www.facebook.com/groups/707621863012993/?source_id=162994267161135)

Link for prescribing guidance: [www.ncsct.co.uk/library/view/pdf/Standard-Treatment-Plan-for-Inpatient-Tobacco-Dependence.pdf](https://www.ncsct.co.uk/library/view/pdf/Standard-Treatment-Plan-for-Inpatient-Tobacco-Dependence.pdf)

## ENDS and Vaping

MHRA Link: <https://cms.mhra.gov.uk/ecig-new>

13. Nicotine Vaping in England 2022: evidence update main findings. 2022. Office for Health Improvement & Disparities
14. NHS Live Well. nhs.uk. 2022 [cited 2024 Feb 14]. Using e-cigarettes to stop smoking. Available from: <https://www.nhs.uk/live-well/quit-smoking/using-e-cigarettes-to-stop-smoking/>
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17. Electronic Cigarettes for Smoking Cessation: Cochrane Living Systematic Review. 2024. Centre for Evidence-Based Medicine