

Smoking cessation brief interventions for cancer services



Brief interventions include routinely identifying patients who smoke, providing advice to quit, and referring to support services, such as the NSW Quitline. Providing smoking cessation brief interventions only takes a few minutes.

Ask



- Ask all patients if they smoke/ use tobacco.
- Record the following in the oncology information system:
 - Current smoker
 - Occasional smoker (<30 days)
 - Ex-smoker
 - Never smoker



Conversation tips

"Have you smoked/used any tobacco product in the last 30 days"

(including cigarettes, waterpipe, cigars, cannabis with tobacco)

If **yes**: "Do you smoke/use tobacco products every day?"

If **no**: "Have you ever smoked tobacco?"

Advise



- Advise all patients who smoke to quit in a way that is clear and non-judgemental:
 - Discuss the importance of quitting for their cancer treatment
 - Personalise the benefits of quitting
- Provide written patient information on smoking cessation.
- **Optional:**
Use carbon monoxide monitor as a motivational tool to support smoking cessation.



Conversation tips

"As a health professional, the best advice that I can give you is to try to stop smoking."

"Giving up smoking will help your cancer treatment to work better."

Act



- Make a routine referral to NSW Quitline for smoking cessation support for all patients who smoke.
- Patients must be informed of the referral. Consent is not required but patients should be given the opportunity to refuse referral.
- Provide a prescription for NRT, or advise patients to access this from their GP or pharmacy.

Refer by fax: **02 9698 2740**
or online: **cancer.nsw.gov.au/quitline-referral**



Conversation tips

"I am referring you to the NSW Quitline for support to quit smoking. We refer all patients who smoke. The trained advisors will call you in the next few days and provide you with support to quit."

Related resources:

- **Managing Nicotine Dependence: A Guide for NSW Health Staff:** health.nsw.gov.au/tobacco/Publications/managing-nicotine-dependence.pdf
- **NSW Health Smoke-free Health Care Policy:** health.nsw.gov.au/pds/ActivePDSDocuments/PD2015_003.pdf
- **Smoking Cessation Framework for NSW Health Services:** cancer.nsw.gov.au/smoking-cessation