

 <p>BAY OF PLENTY DISTRICT HEALTH BOARD HAUORA A TOI</p> <p><b>SMOKEFREE PROTOCOL</b></p>	<p><b>SMOKEFREE – SMOKING CESSATION ABC's</b></p>	<p><b>Policy 5.4.2 Protocol 0</b></p>
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**A: Ask about and document every person's smoking status.**

Smoking status definitions:

- Never smoked - has never smoked tobacco.
- Quit / Ex-smoker - has not smoked any tobacco in the last 28 days.
- Current smoker - has smoked tobacco in the last 28 days.

**B: Give Brief Advice to stop to every person who smokes.**

- You can give this advice in 30 seconds.
- Where possible, tailor your brief advice to the person in front of you. Advice may be health or financial benefit related.
  - Personalise
  - Link to health or lifestyle issues (e.g. finances)
  - Acknowledge that quitting is not easy but it is possible
  - Offer help and support

**C: Strongly encourage every person who smokes to use Cessation Support, and offer to help them access it. Refer to, or provide, cessation support to everyone who accepts your offer.**

- Provide nicotine dependence medication as per Medication Manual:
  - MED.N2.1 Nicotine Dependence Therapy - Inhalator
  - MED.N2.2 Nicotine Dependence Therapy – Gum, Lozenge, Patch
  - MED.N2.3 Nicotine Dependence Therapy – Tablets (Bupropion Hydrochloride)
  - MED.N2.4 Nicotine Dependence Therapy – Tablets (Nortriptyline)
  - MED.N2.5 Nicotine Dependence Therapy – Tablets (Varenicline as Tartrate) – **Special Authority required**
- Refer for follow up cessation support using Smokefree Community Referral form
- On discharge advise Community Mental Health Key Worker (Mental Health & Addiction Services only)

**REFERENCES**

- [NZ Guidelines for Helping People to Stop Smoking, 2014](#)

**ASSOCIATED DOCUMENTS**

- Bay of Plenty District Health Board policy 5.4.2 Smokefree / Auahi Kore
- Bay of Plenty District Health Board policy 5.4.2 protocol 1 Smokefree - Facilities Standards
- Bay of Plenty District Health Board policy 5.4.2 protocol 2 Smokefree – Employee and Contractor Standards

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<p>Protocol Steward: Smoking Cessation Co-ordinator</p>	<p>Authorised by: Medical Director</p>	

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- Bay of Plenty District Health Board policy 5.4.2 protocol 3 Smokefree - Mental Health & Addiction Services (MH&AS) Inpatient Units Standards
- Bay of Plenty District Health Board policy 5.4.2 protocol 4 Smokefree – Inpatient Standards
- Bay of Plenty District Health Board policy 5.4.2 protocol 5 Smokefree – Management of Nicotine Dependence
- Bay of Plenty District Health Board Medication Practice Manual protocol MED.N2.1 Nicotine Dependence Therapy - Inhalator
- Bay of Plenty District Health Board Medication Practice Manual protocol MED.N2.2 Nicotine Dependence Therapy - Gum, Lozenge, Patch
- Bay of Plenty District Health Board Medication Practice Manual protocol MED.N2.3 Nicotine Dependence Therapy - Tablets (Bupropion Hydrochloride)
- Bay of Plenty District Health Board Medication Practice Manual protocol MED.N2.4 Nicotine Dependence Therapy - Tablets (Nortriptyline)
- Bay of Plenty District Health Board Medication Practice Manual protocol MED.N2.5 Nicotine Dependence Therapy - Tablets (Varenicline as Tartrate)
- Bay of Plenty District Health Board policy 1.3.1 Complaints Management
- Bay of Plenty District Health Board policy 3.50.02 protocol 9 Investigation Process
- Bay of Plenty District Health Board policy 3.50.02 Protocol 15 Disciplinary Process
- Bay of Plenty District Health Board policy 5.1.6 Transport – BOPDHB Fleet Vehicle
- Bay of Plenty District Health Board Reportable Event form
- Bay of Plenty District Health Board Form FM.R4.6 Referral Smokefree Community

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