



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

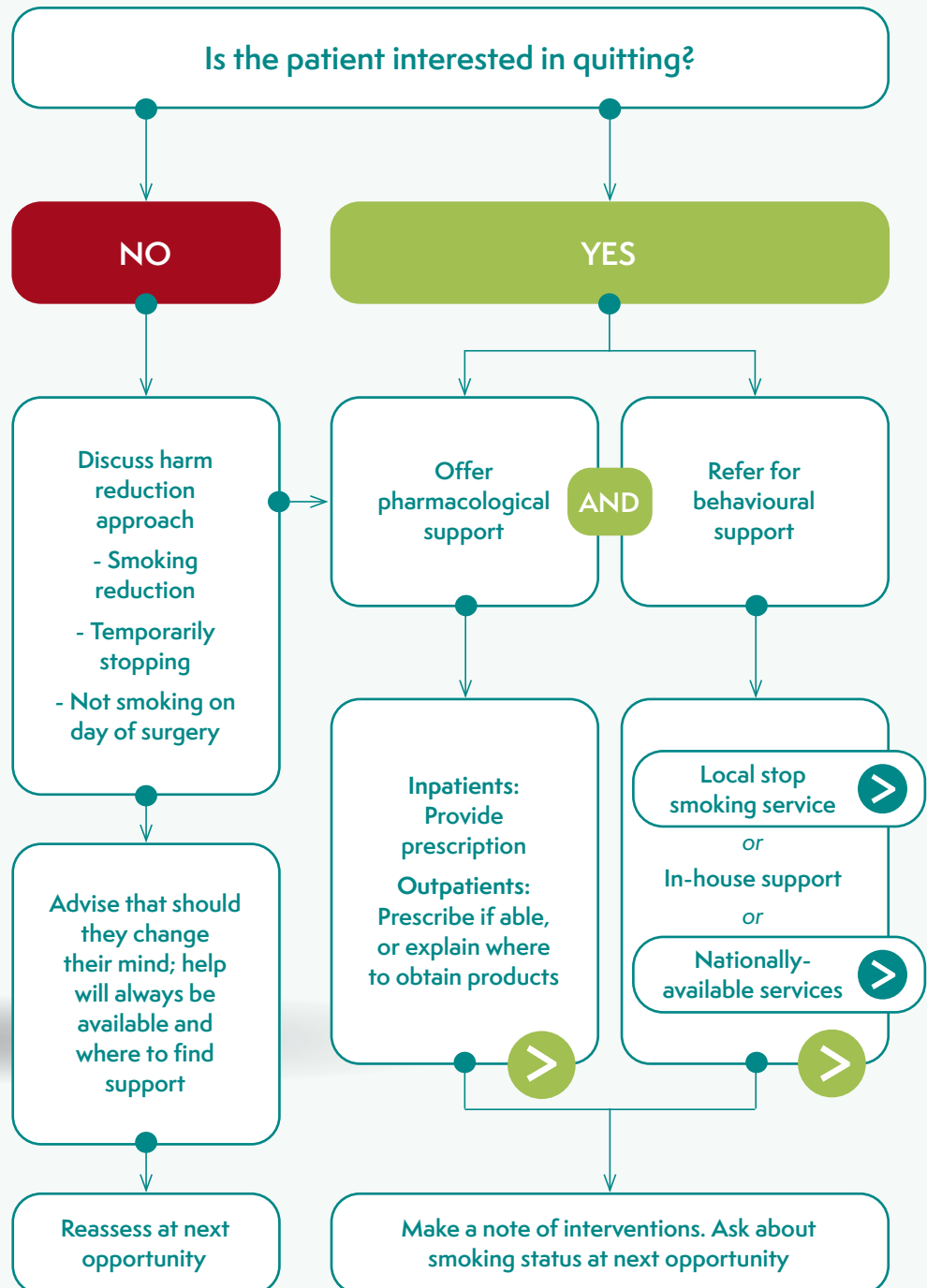
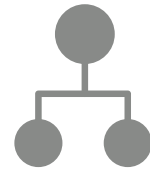
Training is available: [VBA](#) and [NCSCCT](#)

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.

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.

Act¹²

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 (Champix)	✗	✗

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 .

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 .

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.

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

1. Turan A, Mascha EJ, Roberman D, Turner PL, You J, Kurz A, et al. Smoking and Perioperative Outcomes. *Anesthesiology*. 2011 Apr 1;114(4):837–46
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>
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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>

9. Tobacco Advisory Group of the Royal College of Physicians. RCP London. 2018 [cited 2024 Feb 14]. Hiding in plain sight: Treating tobacco dependency in the NHS. Available from: <https://www.rcplondon.ac.uk/projects/outputs/hiding-plain-sight-treating-tobacco-dependency-nhs>
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

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

Smokefree facebook community: 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

ENDS and Vaping

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

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17. Electronic Cigarettes for Smoking Cessation: Cochrane Living Systematic Review. 2024. Centre for Evidence-Based Medicine