

GP NEWSLETTER



YOUR STOP SMOKING SERVICE

COVID-19 UPDATE

The Smokefree Hampshire team are working remotely and flexibly to continue to offer **virtual** and **telephone support** to those who wish to stop smoking during this time.

Help has been sought by **448** patients who have been supported since the beginning of the lockdown.

You can continue to securely refer clients to Smokefree Hampshire directly via:

- Smokefree Hampshire referral form on **EmisWeb, Qmasters**
- Electronic referral form at **www.smokefreehampshire.co.uk**
- Referral form sent via NHS email to **Smokefree.hampshire@nhs.net**

Smokers will receive 12 weeks of evidence-based smoking cessation intervention which includes behavioural support in combination with a pharmacological product. We can provide:

- A direct supply of **NRT** via the post
- **E-cigarette** voucher – we are working with our local vape shops who will send out the product
- Letter of recommendation for **Champix**

"Great for encouragement to stop. So handy having NRT posted to my door in lockdown!"

QUIT FOR COVID-19

A systematic review and metanalysis of 15 studies concluded:

- The calculated relative risk (RR) showed that current smokers were **1.45x more likely** [95% CI:1.03-2.04] to have severe complications when compared to former & never smokers.
- Current smokers also had a higher mortality rate of **38.5%** [1]
- The current concern about covid-19 provides a "teachable moment" in which smokers may be **uniquely receptive** to stop smoking advice [2]

[1] <https://bit.ly/2YEdqb7>

[2] <https://bit.ly/3c3Zkn1>



GP REFERRAL DATA

Total number of referrals in lockdown:

351

30 from GP surgeries

★ Top referrers ★

The Swan Practice (8)

Highlands Practice (5)

How to help a smoker: Deliver very brief advice for smoking cessation (VBA) which is a simple form of advice designed to be used opportunistically in less than 30 seconds in almost any consultation with a smoker.



STOPPING SMOKING IN PREGNANCY

Many **pregnant** women who smoke can find quitting to be a significant challenge and need considerable support to stop successfully.

All pregnant ladies can be referred directly to Smokefree Hampshire.

“Very Brief Advice to Maternity clients” demonstrates simple brief interventions to change smoking behaviours.

https://elearning.ncsct.co.uk/vba_pregnancy-launch

CONTACT US

www.smokefreehampshire.co.uk

01264 563039 | 0800 772 3649 | Text QUIT to 66777

smokefree.hampshire@nhs.net

GP/Pharmacy & Secondary Care Manager - Chris McMahon

chris.mcmahon@solutions4health.co.uk

07773 474 305

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