

## GP NEWSLETTER



### YOUR STOP SMOKING SERVICE

## HAPPY NEW YEAR

A big thank you for all your support over the past year. The Smokefree Hampshire team would like to wish you a wonderful and hopeful 2021.

The team continues to provide one to one telephone/video support to clients in the comfort of their own homes, at a time convenient to them.

This is an evidence based programme which includes 12 weeks of behavioural support in combination with either:

- A supply of **NRT** via post delivered free of charge (no prescription charge) directly to the client
- **E-cigarette** voucher – we are working with our local vape shops who will deliver the product
- Letter of recommendation for **Champix** sent to the pharmacy for supply via PGD

You can securely refer clients via:

- Referral form on **EMIS/Systemone**
- **Online referral** form at [www.smokefreehampshire.co.uk](http://www.smokefreehampshire.co.uk)
- **Call** 01264 563039 or 0800 772 3649
- **Email** [smokefree.hampshire@nhs.net](mailto:smokefree.hampshire@nhs.net)

## CHAMPIX UPDATE



We are delighted to share some great news - we now have the PGD up and running which should help relieve pressure at your GP Practice and free up some time.

The PGD increases accessibility for the client by making it quick and easy to get started on their quit attempt - you should also begin to notice a reduction in Champix Prescription requests.

Please note as part of the process the pharmacist will write to you to inform you when a patient has started treatment.

# SLA

The level 2 service can be offered directly from your surgery. We currently have 11 practices providing this service and would be delighted to welcome you on board. All training is free and advisors are supported by the Smokefree Hampshire team.

"Considering the restraints we are all under with CV19 the Zoom meeting went well and nice to meet the faces behind the names!"

## L2 ADVISOR TRAINING (for new advisors)

All training continues as usual virtually.

This training comprises of 2 steps:

**1** Online NCSCCT practitioner training which can be accessed at the following link:  
<https://elearning.ncsct.co.uk/england>



**2** Follow up by an online training which will cover local policies and procedures. Current dates available are:

- **April:** Tuesday 20th 2pm-4pm
- **May:** Tuesday May 4th 10am - 12noon

## REFRESHER TRAINING (for current advisors)

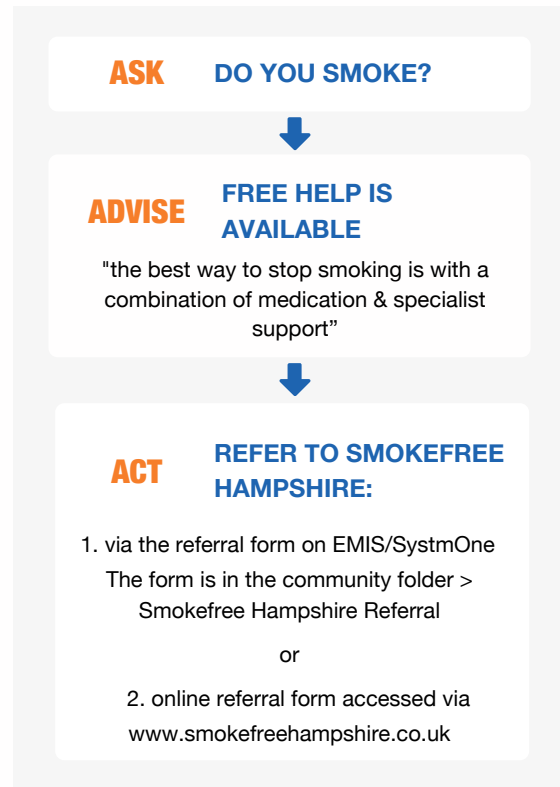
If you would like to attend a refresher training please see below for dates:

- **April:** Wednesday 28th 2pm-4pm
- **May:** Tuesday 18th 10am - 12noon
- **June:** Thursday 24th 5pm -7pm

*Bespoke can be arranged if required.*

# VERY BRIEF ADVICE

Deliver very brief advice for smoking cessation (VBA) which is a simple form of advice used opportunistically and takes less than 30 seconds.



Evidence shows the most effective way to help someone quit smoking is with a combination of behavioural support and pharmacotherapy.

We are fortunate in Hampshire we are able to provide a 12 week intensive behavioural support service for smokers wishing to quit.

For any further information, please do get in touch.

# CONTACT US

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