



CLINICAL GUIDELINE

Smoking Cessation Pathway Inpatients

A guideline is intended to assist healthcare professionals in the choice of disease-specific treatments.

Clinical judgement should be exercised on the applicability of any guideline, influenced by individual patient characteristics. Clinicians should be mindful of the potential for harmful polypharmacy and increased susceptibility to adverse drug reactions in patients with multiple morbidities or frailty.

If, after discussion with the patient or carer, there are good reasons for not following a guideline, it is good practice to record these and communicate them to others involved in the care of the patient.

Version Number:	9
Does this version include changes to clinical advice:	No
Date Approved:	9th June 2022
Date of Next Review:	20th June 2025
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Approval Group:	Medicines Utilisation Subcommittee of ADTC

Important Note:

The Intranet version of this document is the only version that is maintained. Any printed copies should therefore be viewed as 'Uncontrolled' and as such, may not necessarily contain the latest updates and amendments.

1. Smoking status / e-cigarette user identified and documented in case-notes and MAR
2. Advise patient of NHSGGC Smokefree Policy.
3. Brief education provided on the effects of smoking to health and the benefits of stopping smoking.
4. Prevent nicotine withdrawal by offering nicotine replacement and assess motivation to stop smoking.

IS THE PATIENT MOTIVATED TO STOP SMOKING WHILE IN HOSPITAL?

YES

Patient requests help and is motivated to stop

Refer to Quit Your Way Hospital Service
via **Trakcare**

E: Quityourway.hospitalservice@ggc.scot.nhs.uk
Tel: 451 (8) 6112

- Quit Your Way Hospital Advisor carries out assessment and NRT (Nicotinell®) or Varenicline prescribed where appropriate and documented in case notes.
- Quit Your Way Hospital Advisor provides intensive support for duration of hospital stay.

On Discharge:

- Patient receives remainder of NRT or varenicline.
- Medical staff to include item(s) on Immediate Discharge Letter (IDL) and document support in place.
- Quit Your Way Hospital Advisor refers to Quit Your Way Community and Pharmacy services for ongoing follow-up support and continuation of product for up to 12 weeks.

Follow-up support conducted by Quit Your Way Services

NO

Not Motivated to Stop at Present:

- Patient informed of support available.
- Designated leaflet given for future use.
- Document actions in case notes.

Prevent onset of withdrawal symptoms on ward – start treatment:

- Assess and commence on Nicotinell® patch to relieve nicotine withdrawal symptoms.
DOSE: <20cpd = 14mg or >20cpd = 21mg (Manufacturer recommends 24hr use, can be removed after 16hrs to avoid sleep disturbance).
- **Review daily** (if patient now motivated to quit follow 'Yes' pathway).

Discontinue on discharge: unless wishing to continue with quit attempt – then refer to Quit Your Way Hospital Service (see 'Yes' pathway).

NB Patients admitted who are already making quit attempt – refer to service and ensure NRT (or Varenicline) available