

# Specialist stop smoking service Stockton on Tees

## Pharmacy Bulletin

Issue 2

Date: January 2021

### Happy New Year & Thank you

We would like to wish you all a Happy New Year. 2020 has been challenging and we would like to thank you for continuing to support clients by signposting them to our service.

**A Big Thank You** to those pharmacies that have been dispensing stop smoking products .

We are extremely grateful for your support as are the clients, see user feedback below. Without your support we wouldn't be able to continue delivering a service in these difficult times. You have been amazing and it has not gone unnoticed.

### Stop Smoking Service continues to operate remotely during Coronavirus Pandemic

As you know the Stop Smoking Service is still up and running and is being delivered remotely. We continue to carry out telephone assessments with our clients, discussing treatments options and prescribing appropriate treatments to support with their quit attempts. We would be really grateful if you could continue to give our telephone number to clients wishing to stop smoking. We have enclosed a poster with our details on for you to display in the Pharmacy with our details on. If you require any further posters please let us know and we will be happy to send these to you.

### Service user feedback

Following our change to a telephone only service, feedback from service users has been encouraging:

82% of Service Users are happy with receiving quit support via the telephone support line and collecting their prescriptions from 4 local pharmacies.

18% would prefer the face to face support within a clinic, particularly to achieve the motivational benefit of having Carbon Monoxide readings recorded regularly. Carbon Monoxide monitoring is currently suspended in line with National Guidance.

Very happy with  
the service

Fantastic - excellent  
service referred by  
GP

Brilliant service -  
face to face service  
cause more anxiety

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### E-Cigarettes

The Cochrane Library have recently published an update regarding electronic cigarettes for smoking cessation. The review, examined the best quality evidence on e-cigarettes for quitting smoking from around the world. They found that e-cigarettes were 70% more effective at helping smokers quit than the use of nicotine replacement therapy, currently the most commonly used medication to help smokers quit. Vaping is much less harmful than continuing to smoke, with the Cochrane Review finding little evidence of short-term harms.

The update builds our confidence and certainty in the knowledge that e-cigarettes can be effective smoking cessation aids. To publicise the above nationally, ASH have also produced a short, one-sided briefing explaining and contextualising the review's findings and a range of resources; tweets and infographics for partners to help publicise the Cochrane Review, available - click on the link below:

<https://ash.org.uk/wp-content/uploads/2020/10/ASH-Cochrane-Review-of-e-cigarettes-explained-Oct2020.pdf>

### Future Training Requirements

We recognise that when things start getting back to normal and Pharmacies are once again able to resume Stop Smoking interventions, it will have been some considerable time since you will have carried out assessments and used QuitManager. Please be assured that once we are instructed that Pharmacy Stop Smoking interventions are able to resume, we will be here to offer refresher training and work with you to build on your current skills and rebuild your confidence with procedures and systems.

**Once again, thank you for your support and the important role that you play for our service and within the community.**

**If you have any queries with relation to the services that we are offering or any QuitManager queries, please do not hesitate to contact the service on 01642 383819**