

## **Tools and resources for treating nicotine addiction: A resource for health professionals**

The following table has been taken from the Framework for the Treatment of Nicotine Addiction; developed by the Respiratory Health Network, Department of Health WA.

It summarises the resources, tools and information referred to throughout the Framework into one, useful A4 sheet for health professionals. The information has been grouped under the following four stages across the continuum of care:

- Community awareness and prevention in general population
- Screening and early identification of smoking
- Assessment of smoking and smoking related harm and early intervention
- Coordinated ongoing cessation management and harm reduction

The Framework for the Treatment of Nicotine Addiction acts as a guide for a state wide approach across primary, secondary and tertiary settings to deliver comprehensive and integrated smoking cessation treatment and support services. It seeks to reduce the prevalence of smoking and smoking related harm through the identification, assessment and treatment of nicotine addiction.

For more detailed information, please refer to the Framework for the Treatment of Nicotine Addiction which can be accessed from <http://www.healthnetworks.health.wa.gov.au/modelsofcare/>



## Tools and resources for treating nicotine addiction

Across Population	Across Population and Identified Smokers	Identified Smokers	
<p><b>Community awareness and prevention in general population</b></p> <p><b>Health Promotion</b> Promotion of healthy behaviours</p> <ul style="list-style-type: none"> <li>• <a href="#">Quit message</a></li> <li>• Anti-tobacco mass media</li> <li>• Health education resources/brochures (e.g. <a href="#">NAPS program</a>)</li> </ul> <p>Promotion of healthy environments</p> <ul style="list-style-type: none"> <li>• <a href="#">Smoke free WA Health policy</a></li> <li>• <a href="#">Smoke free workplaces – guide to implementation</a></li> <li>• <a href="#">Legislation – smoke free cars, playgrounds, outdoor eating areas, beaches</a></li> <li>• <a href="#">Smoke free homes – tips for parents</a></li> </ul> <p>Universal approaches</p> <ul style="list-style-type: none"> <li>• Social marketing/mass media</li> <li>• Community education</li> <li>• <a href="#">Regulation and Legislation</a></li> <li>• Research</li> </ul> <p>Targeted approaches</p> <ul style="list-style-type: none"> <li>• Access to range of culturally appropriate strategies</li> </ul>	<p><b>Screening &amp; Early identification of smoking (includes prevention in high risk groups)</b></p> <p><b>Primary Prevention</b> Screening tools</p> <ul style="list-style-type: none"> <li>• Smoking status</li> <li>• Smoking and Quitting history</li> <li>• Level of dependence = all information recorded for recall (e.g. Hospital pre admission forms, <a href="#">Lifescrpts</a>, patient records)</li> </ul> <p>Targeted advice</p> <ul style="list-style-type: none"> <li>• CaLD, ATSI, People with mental illness, Pregnant women, those recently diagnosed with chronic disease</li> </ul> <p>Brief intervention</p> <ul style="list-style-type: none"> <li>• <b>5As:</b> Ask, Advise, Assess, Assist, Arrange</li> <li>• Training for health professionals (e.g. <a href="#">Online Brief Tobacco Intervention Training</a>, <a href="#">Cancer Council Fresh Start Training</a>)</li> </ul> <p>Pharmacotherapies</p> <ul style="list-style-type: none"> <li>• Nicotine Replacement Therapy (NRT)</li> <li>• <a href="#">NRT PBS listings</a></li> <li>• <a href="#">NRT PBS listings for ATSI people</a></li> <li>• Non-NRT (Bupropion and Varenicline)</li> </ul> <p>Periodic health examinations – <a href="#">MBS Items</a></p> <ul style="list-style-type: none"> <li>• Health checks &amp; Healthy child checks</li> <li>• <a href="#">Chronic Disease Management (CDM) Medicare Items</a></li> <li>• Allied health referrals</li> <li>• <a href="#">Medication Management Review</a></li> </ul>	<p><b>Assessment of smoking &amp; smoking related harm and early intervention</b></p> <p><b>Secondary prevention</b> Assessment of addiction</p> <ul style="list-style-type: none"> <li>• <a href="#">Fagerstrom test</a></li> </ul> <p>Diagnosis and early detection of smoking related harm</p> <ul style="list-style-type: none"> <li>• <a href="#">Spirometry</a></li> </ul> <p>Reduced associated harm</p> <ul style="list-style-type: none"> <li>• <a href="#">Smoke free WA Health policy</a></li> <li>• <a href="#">Smoke free workplaces – guide to implementation</a></li> <li>• <a href="#">Legislation – smoke free cars, playgrounds, outdoor eating areas, beaches</a></li> <li>• <a href="#">Smoke free homes – tips for parents</a></li> </ul> <p>Tracking and recall</p> <ul style="list-style-type: none"> <li>• Feedback from referral service</li> </ul> <p>Care plan</p> <p>Documentation of</p> <ul style="list-style-type: none"> <li>• Smoking status</li> <li>• <a href="#">Nicotine withdrawal management</a></li> <li>• Discharge plans</li> <li>• Clinical pathways</li> </ul>	<p><b>Coordinated ongoing cessation management and harm reduction</b></p> <p><b>Nicotine Addiction Management</b></p> <ul style="list-style-type: none"> <li>• Recall and monitoring of smoking status (e.g. <a href="#">Canning Data Extraction Tool</a>)</li> <li>• Repeated advice to quit</li> <li>• <a href="#">Medication Management Review</a></li> </ul> <p>Self management</p> <ul style="list-style-type: none"> <li>• <a href="#">Chronic Disease Self Management programs</a></li> </ul> <p>Continuing care</p> <ul style="list-style-type: none"> <li>• Care plans</li> </ul> <p>Documentation of</p> <ul style="list-style-type: none"> <li>• Smoking status</li> <li>• <a href="#">Nicotine withdrawal management</a></li> <li>• Discharge plans</li> <li>• Clinical pathways</li> </ul> <p>Smoking cessation services</p> <ul style="list-style-type: none"> <li>• <a href="#">Metropolitan Healthy Lifestyle Program</a></li> <li>• <a href="#">Living Well Without Smoking</a></li> <li>• <a href="#">Cancer Council Fresh Start Course</a></li> <li>• Online &amp; phone support (<a href="#">Quitline</a>)</li> </ul> <p>Refer to the <a href="#">Guidelines for the management of nicotine addiction in patients and staff</a> for detailed guidance of nicotine addiction treatment</p>
<p><b>Who:</b> General Practice, Other primary health care providers, WA Health, NGOs, Industry and workplaces, Private providers, Hospitals, Public and population health services, Allied Health, Diagnostic Services, Community smoking cessation services, Community Pharmacist, Quitline</p>			

This resource has been taken from the Framework for the treatment of nicotine addiction. Produced by Respiratory Health Network, Department of Health, WA; 2010.