

Quit Your Way Orkney Smoking Cessation Service



Photo- Akmal Hakim

Do you know about the Quit Your Way Orkney smoking cessation service and how to refer your patients to us?

As health care professionals we all have a duty of care to prevent ill health. With smoking being one of the leading causes of preventable ill health, all hospital buildings and grounds are now Smoke Free (exceptions being patients at 'End of life' or in the Mental Health transfer bed). NHS Orkney aims to offer support for those who are affected by this policy. In keeping with best practice, on admission to hospital, ALL patients who smoke should be referred to 'Quit Your Way Orkney' by the admitting health care professional. Please note, Nicotine Replacement Therapy can be prescribed to help alleviate any withdrawal symptoms, until such time as the patient can be seen by a smoking cessation officer.

How to make a referral:

- **Free Telephone:**

0800 0356344

(Public Health Department)

- **Email:**

ORK.quityourway@nhs.scot

- **Online:**

Search 'Quit Your Way Orkney' on NHS Inform, select 'Click to be Contacted' and submit contact details.

- **Referral Form:**

complete an electronic or paper referral form (found on the blog under Health Improvement/News)

If you require this or any other NHS Orkney publication in an alternative format (large print or computer disk for example) or in another language, please contact the Public Health Department: Telephone: 0800 0356344 or Email: ORK.publichealth@nhs.scot

How Quit Your Way works

On receipt of referral we contact the patient to see if they are interested in quitting smoking.

- If not, the patient can still access nicotine replacement therapy, for the duration of their stay.
- If interested, we discuss the 12 week treatment programme and treatment options available. This way the patient can make an informed choice as to whether the service is for them.

The 12 week programme consists of:

- Planning for and setting a future quit date
- Free access to a range of smoking cessation medication
- Regular contact with a smoking cessation officer for advice and support around medication and behaviour change
- CO monitoring, to demonstrate progress over time, as CO levels reduce to that of a non-smoker

Our service also offers distance sessions via Near Me or phone sessions for those who are unable to attend sessions in person.

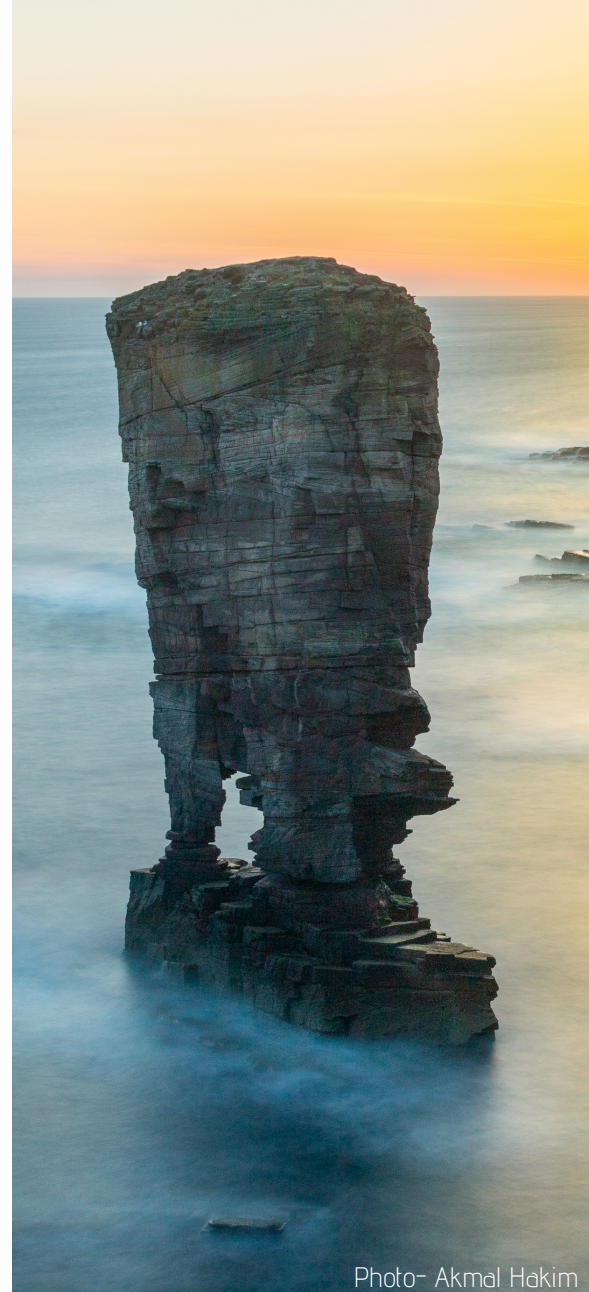


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Departments

When referring a patient the details we require are:

- The patients name, contact details, DOB/CHI, GP details
- Name of the referring dept - Specify area (e.g Inpatients 1, Physiotherapy, Dental)
- Name and contact details of referring Practitioner

**QUIT
YOUR
WAY**
with our
support

Concerned about raising the issue with your patients?

The following eLearning is aimed at health professionals and other allied health professionals working in a wide range of settings who interact with people who smoke. The module takes approximately 30 minutes to complete. (If you have not access the VLE before you will need to register for a free account)

Very Brief Advice on Smoking - <https://elearning.healthscotland.com/course/index.php?categoryid=140>

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