

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?

Quit Your Way Orkney is a specialist service which aims to support those who want to stop smoking to quit in a way that suits them. Our service offers distance sessions via Near Me or phone sessions for those who are unable to attend in person.

How to make a referral:

- **Free Telephone:**

0800 0356344

(Public Health Department)

- **Online:**

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

- **Email:**

ORK.quityourway@nhs.scot

- **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 the Quit Your Way service works

On receipt of a referral we provide information on how the programme works. This way the individual 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



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General Practitioners

When referring a patient the details we require are:

- The patients name, contact details, DOB/CHI, GP details
- Name of referring GP practice
- Name and contact details of referring Practitioner



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 accessed 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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