

## PHARMACY NEWSLETTER



## YOUR STOP SMOKING SERVICE

## COVID-19 UPDATE

The Smokefree Hampshire team are working remotely and flexibly to continue to offer **virtual** and **telephone support** to those who wish to stop smoking during this time.

Help has been sought by **448** patients who have been supported since the beginning of the lockdown.

You can securely refer clients to Smokefree Hampshire directly via:

- Electronic referral form at [www.smokefreehampshire.co.uk](http://www.smokefreehampshire.co.uk)
- Call **01264 563039** or **0800 772 3649**
- Offer **an appointment** if you are providing the service on behalf of SFH via a service level agreement

Smokers will receive 8 to 12 weeks of evidence-based smoking cessation intervention which includes behavioural support in combination with a pharmacological product. We can provide:

- A direct supply of **NRT** via the post
- **E-cigarette** voucher - we are working with our local vape shops who will send out the product
- Letter of recommendation for **Champix**

"Great for encouragement to stop. So handy having NRT posted to my door in lockdown!"

## QUIT FOR COVID-19

A systematic review and metanalysis of 15 studies concluded:

- The calculated relative risk (RR) showed that current smokers were **1.45x more likely** [95% CI:1.03-2.04] to have severe complications when compared to former & never smokers.
- Current smokers also had a higher mortality rate of **38.5%** [1]
- The current concern about covid-19 provides a "teachable moment" in which smokers may be **uniquely receptive** to stop smoking advice [2]

[1] <https://bit.ly/2YEdqb7>

[2] <https://bit.ly/3c3Zkn1>

# HOW TO HELP A SMOKER

Deliver **very brief advice** for smoking cessation (VBA) which is a simple form of advice.

The VBA model is designed to be used **opportunistically** and in less than **30 seconds** in almost any interaction with a smoker.



# SLA

We now have **50** pharmacy staff members providing the service in **31** pharmacies across Hampshire.

Thank you to all those who are managing to provide a service during this difficult time. For any pharmacies requiring additional support please get in touch.



## TRAINING AND SUPPORT

Due to social distancing measures our planned face to face advisor trainings are postponed, however training is available online at [www.ncsct.co.uk](http://www.ncsct.co.uk). We can also offer **support virtually** upon request so please do get in touch.

The **QM guide** was sent out recently which we hope will be of use to you.

## CONTACT US

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