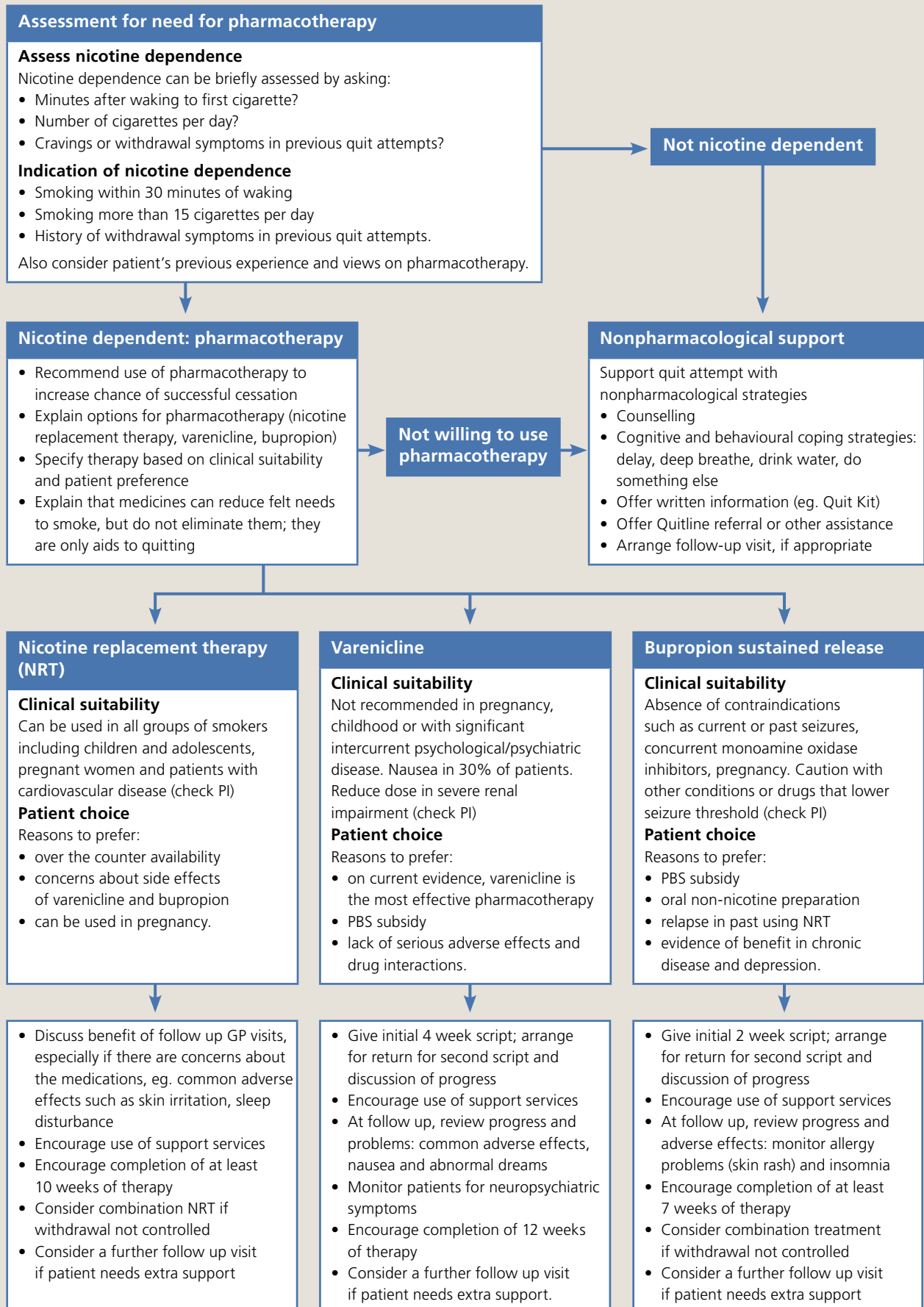


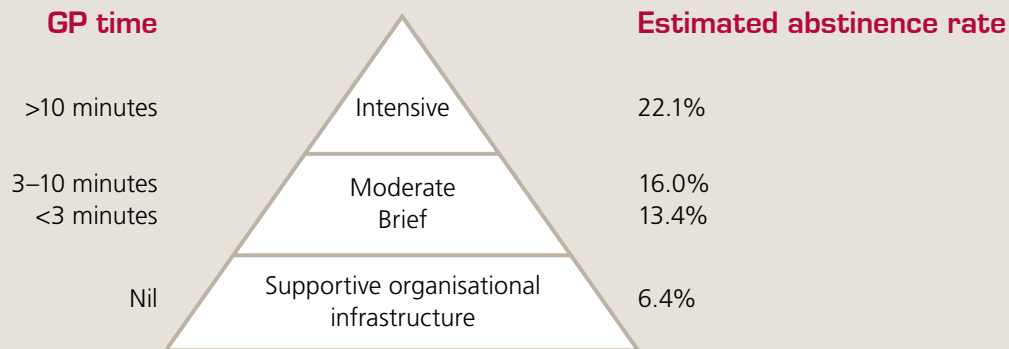
Smoking cessation pharmacotherapy: an update for health professionals

Treatment algorithm



Smoking cessation pharmacotherapy: an update for health professionals

It is important to take every opportunity to identify every smoker, document their smoking status and offer treatment.



Adapted from Litt J, Ling M-Y, McAvoy B. How to help your patients quit: practice based strategies for smoking cessation. Asia Pacific Family Medicine 2003;2:175–9.

Tobacco dependence is a chronic condition that most often requires repeated intervention and chronic care.

A minority of smokers achieve long term abstinence in the first attempt to quit; the majority cycle through multiple attempts with relapse and remission.

The 5As approach provides a structure for identifying all smokers and offering support to help them quit:

Ask about smoking

Assess motivation to quit and need for pharmacotherapy

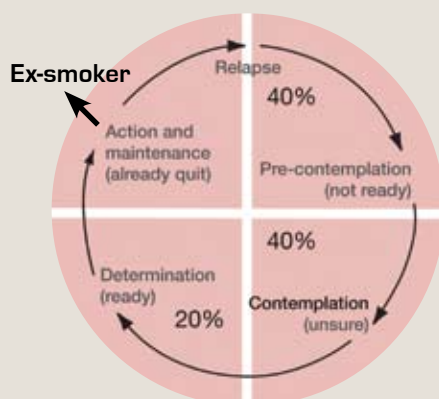
Advice patients to quit

Assist with support in quitting, advice, encouragement, referral, offer of pharmacotherapy

Arrange follow up



Stages of readiness to change model



Zwar N, Richmond R, Borland R, Peters M, Stillman S, Litt J, Bell J, Caldwell B. Smoking cessation pharmacotherapy: an update for health professionals. Melbourne: Royal Australian College of General Practitioners, 2007

Full guidelines are available at www.racgp.org.au/guidelines/smokingcessation. Reviewed and updated April 2009

The development of this update has been sponsored by Pfizer Pty Limited. The RACGP has independently created these guidelines and holds editorial rights over them.