



Community
Pharmacy Wales
Fferylliaeth
Gymunedol Cymru

Collaborative Working Visits - Smoking Cessation Level 3

Following agreement with Welsh Government around Collaborative Working arrangements, you may wish to meet with your local GP, Dental or Optometry practice to discuss the Smoking Cessation Level 3 service that you provide at the pharmacy. Please see below for some points to help your discussions.

- Smoking continues to be the largest single cause of ill health and avoidable death in Wales. It causes approximately 5,450 deaths and costs the Welsh NHS an estimated £302 million each year.
- Over recent years overall smoking prevalence has fallen to 19% in Wales, with rates being much higher in the most deprived areas. Welsh Government has set a target of reducing smoking prevalence to below 16% by 2020 with Health Boards having an annual target to treat 5% of the smoking population via NHS stop smoking services.
- Pharmacies can contribute massively towards reducing this target with the newly re-launched Level 3 smoking cessation service which allows patients to receive free NRT products as well as support and guidance to quit with periodic consultations.
- The consultations may be undertaken by either a pharmacist or a GPhC registered technician (who have completed the WCPPE accreditation)
- A person may access the service if at its commencement they are a smoker or are within 4 weeks of the start of a quit attempt.
- The initial consultation will take approximately 20mins and its purpose is to assess the patient's motivation to quit, dependency level and preference of nicotine replacement products. Support for the quit attempt will be explained and a baseline CO reading taken. A quit date within four weeks will also be decided.
- The next consultation will be a week after the quit date and every week after that for a further three weeks. The consultations will then be fortnightly until week 12. At each consultation the person will have their CO reading taken to validate their quit status and receive additional support as appropriate. They will also receive a free supply of NRT products each time.
- NRT products supplied free-of-charge through the service include patches, lozenges, inhalators, nasal sprays and chewing gum. Electronic cigarettes are an unlicensed stop smoking aid and are therefore not available through the service.
- The community pharmacy Smoking Cessation Level 3 service falls under the Help Me Quit brand for NHS Stop Smoking Services in Wales. More information can be found on their website <http://www.helpmequit.wales/>

CONTRACTOR SUPPORT SERVICES