



# *Kingston Stop Smoking Service*

## *Introduction to smoking cessation*





# ***Kick It Stop Smoking Service***



- ***Hammersmith  
& Fulham***  
*(since 2009)*

- ***Kingston***





- In both of these geographic areas, we have trained stop smoking advisors working in a number of settings:

- Hospitals
- GP
- Community
- Pharmacy



# ★ Why are we helping people stop smoking?



50% of smokers die of a smoking related disease,  
one in four of these deaths will be lung cancer



★ **Very brief advice model (AAA)**  
**- 30 seconds to save a life**

**ASK** – Are you smoking these days?

**ADVISE** – Patient of health benefits of quitting

**ACT** – On patients response and refer to NHS support.

[Ask, Advise, Act short film \(3:44\)](#)



## Cancers:

- Lung
- Oral (mouth & throat)
- Stomach
- Liver



## Circulatory:

- Heart attack
- Poor circulation
- Clogged arteries
- High blood pressure
- Stroke



## Lungs:

- Asthma
- COPD
- Lung and bronchial cancers

## Other:

- Premature Ageing
- Diabetes
- Gum disease
- Fertility problems
- Erectile dysfunction





# Components of a cigarette

- 3 main categories:
  - **CO Carbon Monoxide**
  - **TARS (Hydrocarbons)** Tobacco smoke contains around 4,000 different chemicals.
  - **NICOTINE**



# Carbon Monoxide (CO)

- **Starves** the body of its natural Oxygen
- Up to **15%** of your red blood cells can be bound to CO
- Heart has to **work harder** to get O<sub>2</sub> around the body
- An **odourless, colourless** and **toxic gas**. It is impossible to see, taste or smell the toxic fumes, CO can kill you before you are aware it is in your home.

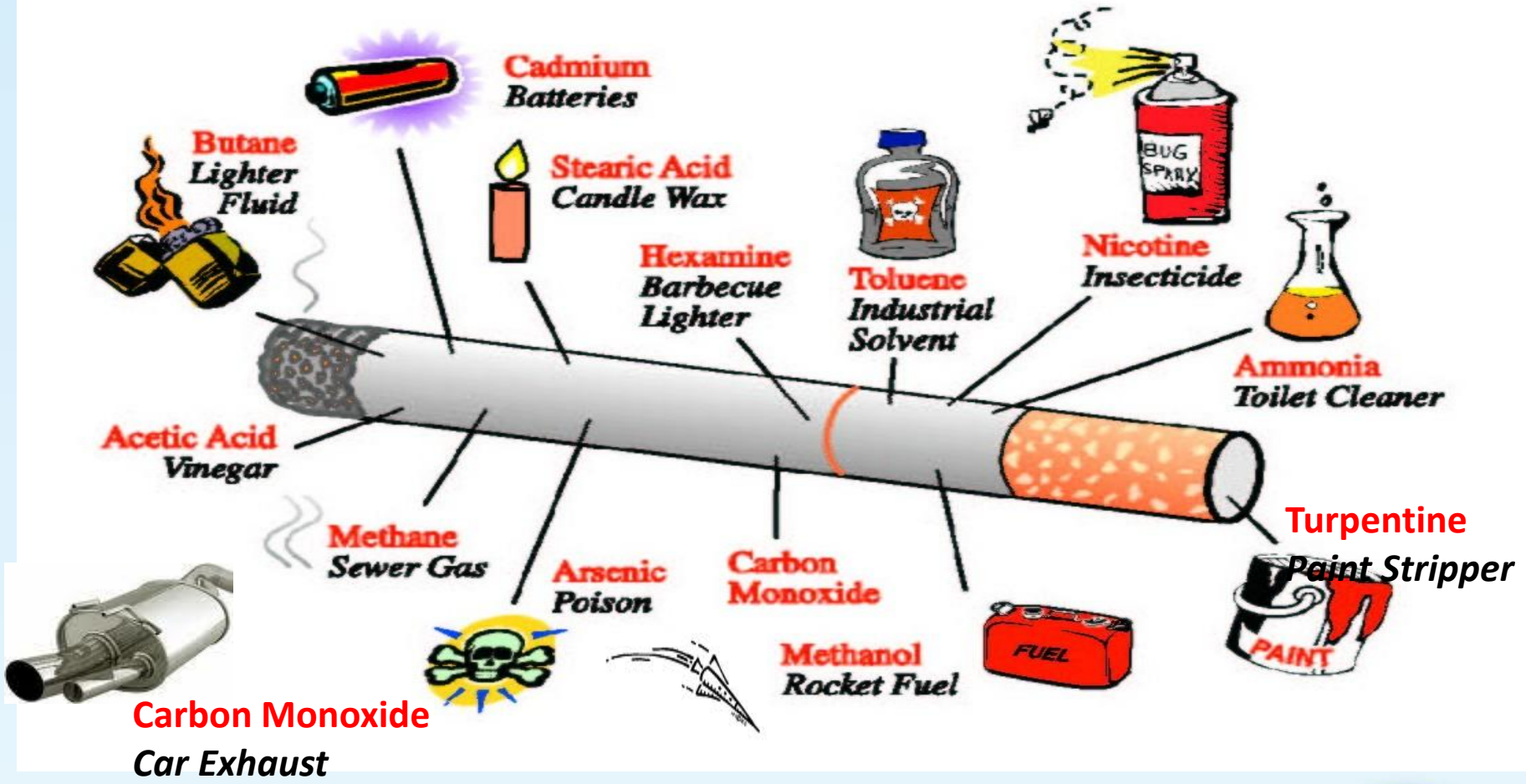




# TARS (Hydrocarbons)

- Tar is the main carcinogenic component of tobacco smoke.
- **70% of inhaled tar is retained in the lungs**, where it has a direct effect on lung function.
- Volatile hydrocarbons can have a significant effect on the metabolism of some prescribed medicines.
- Low Tar cigarettes are no safer than higher tar cigarettes. Compensate by smoking more frequently and inhaling more deeply.
- A study by the American Cancer Society found that the use of filtered, lower tar cigarettes may be the cause of adenocarcinoma, a particular kind of lung cancer.





# Impacts of Nicotine

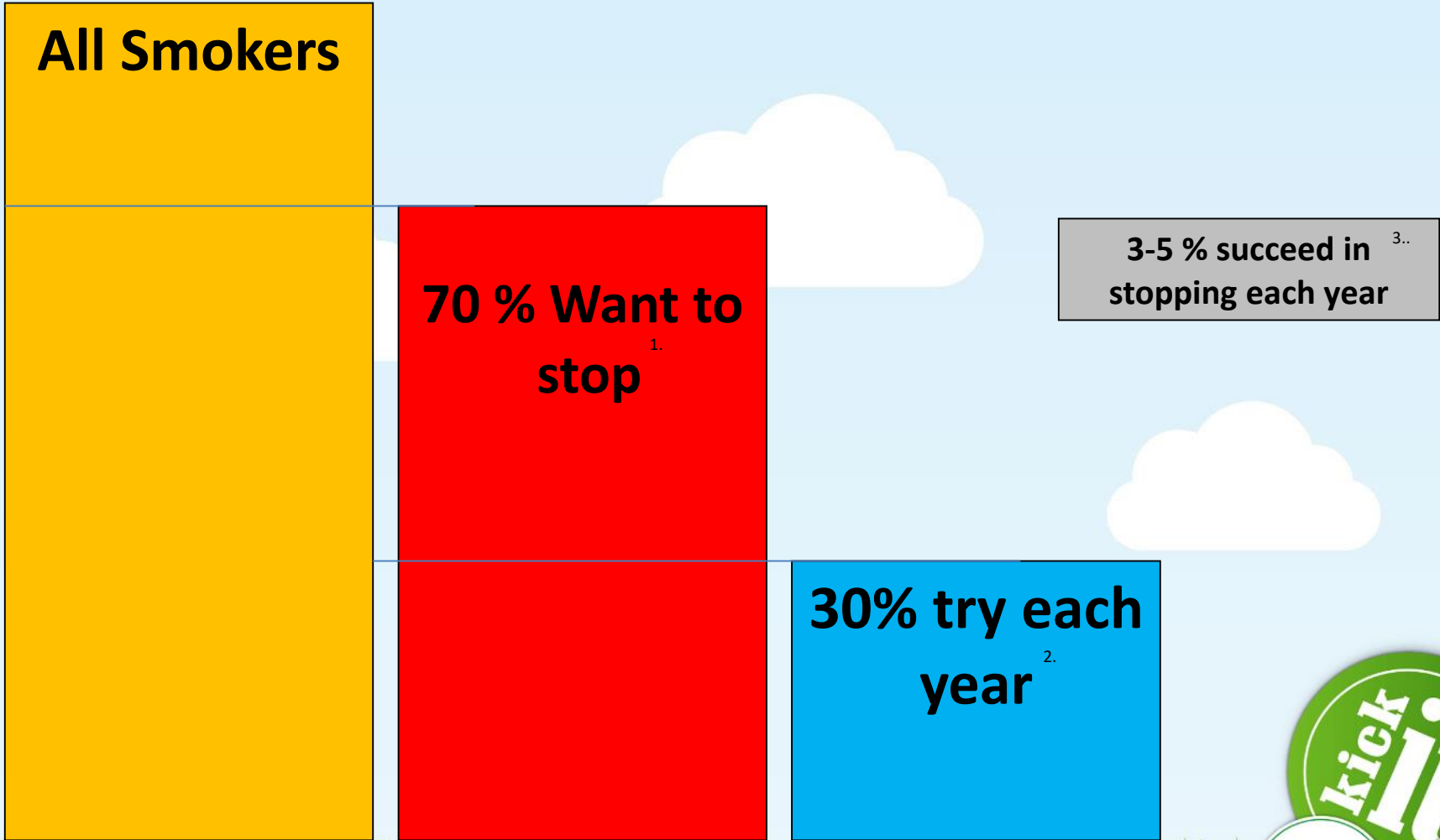
- Increased heart rate and blood pressure
- Rapid delivery of nicotine to receptors in the brain
  - Feelings of pleasure
  - Increased adrenalin and blood sugar
  - Feelings of wakefulness and stimulation
  - Increased concentration
  - Feeling of relaxation
  - Relief of anxiety and pain perception
  - Weight loss

*However there are few known **long term** impacts*





# Smokers want to stop



1. Bridgwood Et Al, General Household Survey 1988. 2. West. Getting serious about stopping smoking 1997. 3. Arnsten, Prim Psychiatry 1996



# Smokers need help!

- Cold turkey doesn't really work
- Acupuncture, hypnotherapy and Alan Carr are not evidence-based
- Stop Smoking Services use only evidence-based support
- Accessing a stop smoking service increases success by 4 times





# Health Benefits of Stopping Smoking

**20 minutes**



Blood pressure and pulse return to normal. Circulation improves, especially to hands and feet

**8 hours**



Blood oxygen levels return to normal. Chance of having a heart attack falls.

**24 hours**



Carbon monoxide leaves the body. Lungs begin to clear of mucus and debris.

**48 hours**



Body now nicotine-free. Sense of taste and smell begin to improve.

**72 hours**



Breathing is easier and energy levels increase.

**2-12 weeks**



Circulation is improved throughout the body, making it easier to exercise.

**3-9 months**



Lung efficiency up by 5-10%. Breathing greatly improved.

**5 years**



Risk of a heart attack is now half that of a smoker.

**10 years**



Risk of lung cancer is now half that of a smoker. Risk of heart attack is the same as a non smoker.



# Electronic Cigarettes



- Not currently regulated – we do not know what is in them
- Variable nicotine content, often not stated
- Until they are regulated, we cannot recommend or provide them
- We can provide behavioural support to people who wish to use them



# Health consequences of tobacco use

- Number of deaths per year in the UK? **80,000**
- Number of deaths per year in the world? **> 5,000,000**
- Average loss of life expectancy? **12 years**
- Average loss of healthy life? **10 years**







# The Role of a Stop Smoking Advisor

Helps a smoker through the most difficult part of quitting by providing advice in two main areas:

- Pharmacological support
- Behavioural change





# Smoking Cessation treatment programme

**Session 1**  
Introductory  
Setting Quit Date

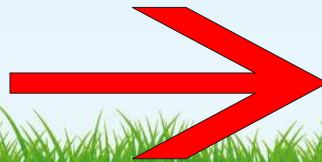
**Session 2**  
Quit

**Session 3**

**Session 4**

**Session 5**

**Session 6**



**4 week quit  
status  
assessment**





# Pharmacotherapy

Patches



Gum

Lozenges



Microtab



Inhalator



Nasal Spray



Quick Mist



Nicotine Strips



Champix



Zyban



# What's Available at Kick It

- Group clinics
  - Various times and locations
- 1 to 1 sessions with trained advisers
  - GP surgeries
  - Pharmacies
- Smoking in pregnancy service





# Smoking Cessation has a dramatic effect on survival



*“...ONE premature death will have been avoided with every TWO smokers a clinician (...) helps to stop smoking.”<sup>1</sup>*





# Make a referral

Contact the Kick It team today and start the stop!

Online: <http://www.kick-it.org.uk/index.php/contact-kick-it>

By phone

Helpline: 020 3434 2500



**You've now completed Level 1**

**Well Done!**

