

Appendix 1

Smoking cessation support programs

Services to help quit smoking

Health professionals – general practitioners, pharmacists and other health professionals can offer assistance and support to quit smoking.

Nicotine replacement therapy (NRT) – includes patches, gum, lozenges, inhalers and sublingual tablets. Health professionals can explain how to use the products and help determine the best form of NRT for individuals.

Bupropion Hcl and varenicline – are non-nicotine medications that are also effective for helping smokers quit. Bupropion Hcl and varenicline are available only on prescription – a general practitioner can help decide if suitable for an individual.

Community health centres and hospitals – local community health centres or hospitals offer information and support for people who want to quit smoking.

Smoke Check Program – many health workers at Queensland Health community health centres can provide tailored quit smoking assistance for Aboriginal and Torres Strait Islander people who smoke. This service is part of the Smoke Check Program, which is delivered by health workers to encourage and support Aboriginal and Torres Strait Islander people who smoke tobacco to make positive and healthy behaviour changes. If you would like to find the nearest trained health worker to assist you to quit smoking call the Smoke Check team on (07) 3328 9851.

Online – A range of websites are available to provide information on quitting smoking, including:

- www.quitnow.info.au
- www.cancerqld.org.au
- www.health.qld.gov.au/quitsmoking
- www.thequitcoach.org.au
- www.quitbecauseyoucan.org.au

Quitline - is a confidential telephone service dedicated to helping people quit smoking. The service is available seven days a week for the cost of a local call (except mobiles). Tailored information and assistance is also available for young people, pregnant women, people with a mental illness and Aboriginal and Torres Strait Islander people. Call Quitline 13 QUIT (13 7848) for free information, practical assistance and support. Quitline is available to prisoners free of charge through the prisoner telephone system (PTS).

Correctional staff

Quit Smoking . . . for Life!

A QCS Quit Smoking for Life program has been in place since 2009.

The program comprises the support of Queensland Health Quitline counsellors and free NRT to all correctional staff, volunteers and contractors (including private corrective services facility service providers) who are ready to quit smoking.

Cost of the program

There is no cost to participants undertaking the QCS Quit for Life program.

How does the program work?

1. Staff members register for the program by faxing a completed registration form to Quitline.
2. A Quitline counsellor calls (at a convenient time) to talk about the staff member's smoking and help them develop a plan for quitting.
3. The counsellor assesses the level of nicotine dependence and determines if NRT is suitable, if NRT is suitable, a four-week supply of NRT is posted to the staff member.
4. A Quitline counsellor remains in contact with the staff member at four-week intervals for up to 16 weeks. At the end of each interval, if the staff member remains in the program, Quitline sends another four-week supply of NRT. As clients make progress with their quit attempt, the strength of NRT is gradually reduced.
5. At the end of 16 weeks, a Quitline counsellor helps the staff member work out a plan to avoid or manage any lapses over the coming months.
6. The counsellor contacts the staff member again after three and 12 months to provide follow-up advice or support.

For further information on the 2013-2015 Quit Smoking for Life program, refer to the Tobacco and Smoke Free Corrective Services Facilities portal on the QCS intranet site – this site provides an overview of the program and a link to the registration form.

Prisoners

All prisoners on reception have their health and medical needs assessed by a health services provider. Prisoners will be advised at this point of free access to Quitline through the prisoner telephone system (PTS) – Quitline is provided on the PTS community auto dial list to prisoners free of charge.

Reception prisoners who wish to cease smoking will be offered the opportunity to participate in a Smoking Cessation Support Program (SCSP).

Prisoners currently in a corrective services facility may also undertake a SCSP by nominating with their facility's Health Centre.

There is no cost to participants undertaking a SCSP.

Smoking Cessation Support Program (SCSP)

NRT in the form of patches will be provided to eligible prisoners. This will generally be for a period of 8 weeks with the strength of the patches progressively reduced. Prisoners will generally be supplied one weeks supply of NRT at a time.

Inappropriate use of NRT may result in removal from the program. Inappropriate use includes hoarding, selling, trading or giving away free NRT.

Care Pathway

On release, if a prisoner is currently involved in a SCSP, the prisoner will be referred to Quitline, for ongoing support and counselling and be advised to talk to their doctor, pharmacist or Aboriginal and Torres Strait Islander Community Controlled Health Services.