

# Smoking Cessation

## Focus area

To provide strategies to increase smoking status recorded in the general practice patient population.

## Why focus on this?

In Australia in 2019, 11% of people aged 14 years and over smoked daily. This number increases to 41% in the Aboriginal and Torres Strait Islander community and is as high as 50% among some ethnically diverse communities.

Smoking rates are higher within the PHN's Local Government Areas than the NSW average.

The PHN's region also has some of the highest rates of COPD (second highest rate out of the 31 PHN's) and circulatory system disease (sixth highest) in Australia.

## Quality improvement ideas

- Extract and examine patient data relating to smoking status.
- Set reminder 'red flags' for smokers and patients with 'unknown status' recorded.
- Assess the practice environment ensuring it is conducive to patients making quit attempts.

Access the PHN's Quality Improvement Community of Practice, or contact your Primary Care Improvement Officer for access to the PHN's Smoking Cessation Toolkit for additional support and information.

NOTE: there is a 'Readiness Checklist' also in the Smoking Cessation Toolkit, refer to Page 5. The Readiness Checklist is designed as a starting point to assist General Practices to identify areas and opportunities for change and to support practice teams to build a sustainable team-based approach to improve smoking cessation in General Practice.

## Resources

- [Smoking - PenCS](#)
- [Identify patients with Allergy or Smoking Status NOT recorded](#)
- [Tobacco - Tools for health professionals](#)
- [Let's take a moment 5A's](#)
- [Tackling Indigenous Smoking](#)
- [Quit Education](#)
- [Video: Alfred Health - consumers and professionals talking about addressing smoking](#)
- [Quit Clinical Protocol sheet](#)
- [Quit Consumer Information Sheet](#)
- [Sample smoke free policy](#)
- [Tobacco in Australia, Facts & Issues](#)
- [Supporting smoking cessation: a guide for health professionals](#)
- [Expired Carbon Monoxide Monitor](#)
- [Smoking and Aboriginal Communities](#)
- [NACCHO/RACGP National Guide to a Preventative Health Assessment for Aboriginal and Torres Strait Islander people](#)
- [Add iCanQuit](#)