

Well done to all those surgeries that are green and on target this year.



Jane Kendall at the Grove is about 400% above target!

If you need ideas get in touch, make sure you get your health Harms materials up For January 1st



quit manager

You may have noticed Quit manager has changed a little over the last week.

There have been no real changes that should affect you as yet, just a look and feel change, but we may get some more upgrades and we will notify you of anything you need to be aware of.

QUIT DATES

Please be aware that if you do not enter a quit date on a client record you will not get paid!

Even if a client only sees an advisor once, ideally there should have been talk about a quit date. This is one of the most motivating factors we can influence when getting someone to quit.

This helps clients to focus and plan – without it they stay in denial and will keep putting it off.

Even if a client uses Champix, it is good to have a quit date “pencilled in”. Work out when they will get their prescription, when they plan to start taking it and recommend a quit date at about day 10 (or 14 if a really heavy / addicted smoker).

You can note the date on QM or S1 so that when you follow up you can put the correct quit date on QM. If they did not quit or disappeared still put the quit date on with the follow up outcome – you saw them – get paid for the work!

News from the Stop Smoking Service

Clarification of a 4 week Quitter

In order to count as a 4 week quitter your client should have been quit between 25 and 42 days when you see them/ call them.

A smoker can have a blip (perhaps one cigarette or one evening when they smoked) during this time but it must be during the first 14 days of their quit attempt.

If they smoke after 14 days from quit date – move the quit date back a bit.

When you enter outcome details on the follow Up tab note the date range for this to be a valid quitter is shown.



January 13th

Level 2 training session
Novotel Heelands
from 6.30pm.

With e-cigarette company representation we will look at how they work – what the companies tell people about them and how to use them (!) and decide on our own message to clients who want to use them.

Invite out at any moment!

Stop Smoking Helpline 0845 200 2323

Stop Smoking Service Co-ordinator
Julia Banham 01908254242
Julia.Banham@milton-keynes.gov.uk
Stop Smoking Advisor Laura Martin
01908 253958
Laura.Martin@milton-keynes.gov.uk
Stop Smoking Advisor Lucy Gardiner
01908 254233
Lucy.Gardiner@milton-keynes.gov.uk
Administrator & Advisor Mhay Green
01908 252862
Mhay.Filoteo-Green@Milton-keynes.gov.uk

E-cigarette on the way for prescribing?

Word is out that a product has completed testing and has been licenced for prescribing.

An “old” first generation style device and not what most regular e-cigarette users now want, but we may well be able to supply it to clients during 2016, another string on the bow.

Like NRT, all clients would have to be on a quit programme supported by an advisor.

CO Monitors

Please do not leave CO Monitors in cars or other cold places.



They may not work correctly and will need to be calibrated.

Do bring any to the training event on the 13th for calibration if they appear to have issues but new ones (that switch on to the count down straight away) do not need calibrating every 6 months like the older ones.

Money Money Money

Please do not give out 4 weeks of NRT when people are only at weeks 1-2 or 3-4 of the quit programme at any time.

Regular advisor contact is a key motivating factor in a quit attempt and NRT is expensive and we cannot afford to waste resources.

4 weeks of 16 hour patch & 36 inhalator cartridges is £134.80!!!

TOP 10 TIPS from Dr Gay Sutherland

Clinical Psychologist working in Smoking & mental health

1. Show **interest** and concern
2. **Educate** on withdrawal symptoms
3. Make a **convincing case** for medication
4. Identify **hurdles** and offer/get them to offer solutions
5. **See them on quit day**
6. See them **every** week
7. Always do a **CO and celebrate**
8. Every session ask about **medication** use and how it has **helped**
9. Every session ask for example of a **difficult situation coped** with
10. Every session ask for a new **benefit** noticed



January Health Harms Campaign

We have the marketing materials for the January Health Harms Campaign and will be posting them out or delivering them around about the 17th of this month.

Please look out for them and get them up as close to January 1st as possible. *Also please ensure all Stoptober posters, leaflets are removed from display now!*

We have quit kits again for Health harms and leaflets and posters. Please do check that managers are happy with the cigarette/tumour posters going up in surgery/pharmacy before you actually put it up as some people really do not like it and you do not want to have to take responsibility for any patient complaints.



Evening Telephone Clinic

The SSS now runs an evening telephone clinic for clients who really cannot make appointments at any time. If it is a choice between continuing to smoke and not being able to make an appointment, please send clients our way.

Don't forget that we have certificates for your clients!

We now have printed certificates for successful quitters. Both rewarding and motivational for clients, please give them to your successful quitters. Patients can come back if they remain smokefree and have a 6 or 12 month certificate too!

Order by calling
0845 200 2323

4 Week Follow Up

Make sure your 4 week follow up is completed in the 4 week period or it is not Dept of Health valid & we would not pay!

The 4 week follow up should be completed between 25 & 42 days after the quit date.

QM does tell you the date range for your 4 week follow up if you have put the quit date in

860 (1000) - [REDACTED] (DOB - 29/10/[REDACTED]) Age - 42

0: 1 Quit Date: 12 Jul 2010 Quit Status: No Service: LES Practice PCT: Milton Keynes Status: Complete

Follow Up Details

Quit Date	Mon 12 Jul 2010
<input checked="" type="checkbox"/> 4 Week Follow Up (06 August 2010 - 23 August 2010)	
4 week follow up completed?	Yes <input type="checkbox"/>
Quit smoking at 4 weeks?	No <input type="checkbox"/>