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Speaker Summary

Background/Problem

Smoking remains the single largest preventable cause of disease and premature death. We have approximately 167,000 smokers in Peel Region; 15% of our population. A survey of Ontario smokers (in 2003) indicated that although approximately 96% of smokers (daily & occasional) had a physician who was aware of their smoking status, only approximately 44% of these smokers reported receiving specific help or information to quit smoking from their doctor.

Key Messages

1. The most effective strategy for smoking cessation is a combination of counselling and pharmacotherapy.
2. Key smoking cessation support & training resources include:

Family Practice Office Resources

- Smoker's Helpline: print resources and fax referral program
- Smoking Cessation Billing Codes

Patient Resources

- William Osler Health Centre "Kick It" education program
- Expanded Professional Pharmacy Counselling Services – Smoking Cessation Program for Ontario Drug Benefit recipients
- Smoker's Helpline: supportive telephone counselling, text messaging & online support
- Breathe Better Live Better COPD Education & Support Program

Training for Healthcare Professionals

- OMSC (Ottawa Model for Smoking Cessation)
- TEACH (Training Enhancement in Applied Cessation Counselling & Health)

Eligibility for Free Smoking Cessation Medication

- STOP (Smoking Treatment for Ontario Patients) funded Nicotine Replacement Therapy (NRT) for patients of Family Health Teams and Community Health Centres
- Ontario Drug Benefit Plan coverage of Champix® & Zyban®
- Leave the Pack Behind (counselling & NRT) program at post secondary institutions

Implications for Practice

The presentation aims to increase awareness and use of community and professional resources that are available to assist health practitioners to provide effective tobacco screening & cessation support to their patients.

References:

Effective Smoking Cessation Strategies in Primary Care Literature Review:

<http://www.peelregion.ca/health/library/literature-reviews.asp>

Peel Health Professional's website; Smoking Cessation content:

<http://www.peelregion.ca/health/professionals/smoking-cessation.htm>

Visit our website for health professionals:

peelregion.ca/health/professionals