



Smoking Cessation

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Tobacco smoke contains over 4,000 chemicals including tar and nicotine.

This means that a smoker is much more likely to develop coronary heart disease and almost twice as likely to have a heart attack than non-smokers

Research shows that getting professional help doubles the chances of quitting.





Shisha Smoking



Shisha smoking – also called hookah, narghile, waterpipe, or hubble bubble smoking – is a way of smoking tobacco, sometimes mixed with fruit or molasses sugar, through a bowl and hose or tube

The average shisha-smoking session lasts an hour can equate to 100 cigarettes .



How safe is e-cig vapour?



E-cigarettes don't produce tobacco smoke so the risks of passive smoking with conventional cigarettes don't apply to e-cigs.

Research into this area is ongoing, but it seems that e-cigs release negligible amounts of nicotine into the atmosphere and the limited evidence available suggests that any risk from passive vaping to bystanders is small relative to tobacco cigarettes.

Public Health England published (August 2015)an evidence review about e-cigarettes. The main finding of the review is that e-cigarettes are 95% safer than cigarettes and are an effective quitting aid.

In the year up to April 2015, two out of three people who used e-cigarettes in combination with the NHS stop smoking service quit smoking successfully.

The Comprehensive Quitting Smoking Timeline

MyFinalSmoke.com



10 Benefits to stopping smoking



Makes you breath more easily

People breathe more easily and cough less when they give up smoking because their lung capacity improves by up to 10% within nine months.

In later years, having maximum lung capacity can mean the difference between having an active, healthy old age and wheezing when walking or climbing the stairs.

Get more energy

Within 2 to 12 weeks of stopping smoking blood circulation improves. This makes all physical activity, including walking and running, much easier.

There is a boost to the immune system, making it easier to fight off colds and flu. The increase in oxygen in the body can also reduce tiredness and the likelihood of headaches.

Less stress

The withdrawal from nicotine between cigarettes can heighten feelings of stress. As the stress of withdrawal feels the same as other stresses, it's easy to confuse normal stress with nicotine withdrawal. So, it can seem like smoking is reducing other stresses whereas this is not the case.

In fact, scientific studies show people's stress levels are lower after they stop smoking.

Better sex

Stopping smoking improves the body's blood flow so improves sensitivity.

Men who stop smoking may get better erections. Women may find their orgasms improve and they become aroused more easily.

It's also been found that non-smokers are three times more appealing to prospective partners than smokers.





Improved fertility

Non-smokers find it easier to get pregnant. Quitting smoking improves the lining of the womb and can make men's sperm more potent.

Becoming a non-smoker increases the possibility of conceiving through IVF, and reduces the likelihood of having a miscarriage.

Most importantly, it improves the chances of giving birth to a healthy baby.

Improve smell and taste

When you stop smoking, your senses of smell and taste get a boost. You may notice that food tastes and smells different as your mouth and nose recover from being dulled by the hundreds of toxic chemicals found in cigarettes.

Younger looking skin

Stopping smoking has been found to slow facial ageing and delay the appearance of wrinkles.

The skin of a non-smoker gets more nutrients, including oxygen, and stopping smoking can reverse the sallow, lined complexion smokers often have.

It can age skin by 10-20 years!!



Ex smokers have whiter teeth and sweeter breath

Giving up tobacco stops teeth becoming stained, and have fresher breath. Ex-smokers are also less likely than smokers to get gum disease and lose their teeth prematurely.



Quit smoking to live longer

Men who quit smoking by the age of 30 add 10 years to their life. People who kick the habit at 60 add three years to their life.

NICE (2013) Smoking

Who should take action?

Health and social care practitioners and managers in primary care, including GPs, health visitors and midwives.

Health and social care practitioners in acute, maternity and mental health services, including community services, drug and alcohol services, outpatient and pre-admission clinics.

Managers of secondary care admissions and pre-admission assessment services.

Carbon monoxide monitoring

As an aid to smoking cessation, a breath CO monitor can be used as a validation, motivational and educational tool.

The British National Institute for Clinical Excellence (NICE) stipulates that a non-smoker is identified by a reading of less than 6ppm CO.



What CO does to your body?

Heart: To compensate for the shortage of oxygen, the heart has to work harder (beat faster) to get enough oxygen to all parts of the body. The heart itself gets less oxygen, increasing the risk of heart damage.

Circulation: The COHb causes the blood to thicken and the arteries to get coated with a thick fatty substance. This causes circulation problems and high blood pressure, with increased risk of heart attack and stroke. Hands and feet can become colder as less blood circulates to the extremities.

Breathing: The reduced exercise tolerance and the lack of oxygen can also cause tiredness and lack of concentration.

Pregnancy: Lack of oxygen can cause under weight and Sudden Infant Death Syndrome.

Carbon Monoxide

- The percentage of carboxyhemoglobin(COHb) is the proportion of red blood cells carrying CO instead of oxygen.
- So if your CO reading is 5% it means 5% of your red blood cells are carrying CO instead of oxygen. This creates a shortage of oxygen, and the body has to work harder to compensate.
- The CO reading is going to be highest later in the day, when the smoker has smoked most or all of their daily ration of cigarettes and have built up a high CO level.
- CO leaves the body rapidly and the half-life is about 5hours. Within 24 to 48 hours of not smoking, smokers will be at non-smoker levels – which means under 6 ppm.

Carbon Monoxide Reading



The CO reading doesn't tell you exactly how many cigarettes have been smoked; rather it is an indicator of how much smoke a smoker is inhaling and how much of the cigarette they are smoking, which is why experts believe that the CO breath test is a good indicator of a smoker's dependence to nicotine.

Benefits of Carbon Monoxide Monitoring

Breath CO establishes the link between smoking and the body

It's well established that expired breath CO correlates well with the percentage of CO in the blood. That's essentially like establishing a link between smoking and almost every organ in the body.

2. Powerful biomarker feedback allows you to connect the dots with health risks

The CO result comes from the smoker's body, it's their biofeedback— they own it. This allows you to make this very real connection between their smoking and their body which ultimately gives the causal relationship between smoking and stroke, smoking and heart disease, smoking and respiratory diseases - a much bigger impact. So now, the dangers of smoking aren't just some abstract health risk – it really personalizes it, making it a very powerful educational tool.

Benefits of Carbon Monoxide Monitoring

3. **Bio-chemical validation for the smoking cessation program**

Breath CO monitoring provides a way of bio-chemically verifying self-reported claims of abstinence, thereby providing those who manage smoking cessation services with a way of assessing the effectiveness of those services.

Carbon Monoxide reading

Research indicates that multiple CO assessments made throughout the entire treatment process are likely to have more of a behavioral impact than a single CO assessment.

So beyond the initial baseline CO assessment, testing every-time you see the smoker including after they have stopped smoking, can have a motivational benefit.

Short on line courses

[National centre for smoking cessation and training](#)

<http://www.ncsct.co.uk/>

Smoke free Liverpool - Smoking cessation course (2 days) - recommended to be a fully qualified smoking cessation advisor.

<https://www.smokefreeliverpool.co.uk/Our-Courses.aspx>

Good resources

Recommendations for quitting smoking:

<https://www.nice.org.uk/guidance/ph48/chapter/1-Recommendations>

British Heart Foundation:

<https://www.bhf.org.uk/smoking?gclid=CI3ciK3Qz80CFdiZGwodnFQKCg>

Smoke free Liverpool:

<https://www.smokefreeliverpool.co.uk/>

Carbon Monoxide guides...

Smoking cessation algorithm - Public Health England

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/485603/CO_smoking_cessation_algorithm_2015.pdf

5 boroughs Mersey Care

Copies to be given with permission.

In Summary

- Recommend short online courses.
- 2 day smoking cessation course.
- Develop a smoking cessation link.
- Liaise with smoke free Liverpool.
- Develop a guideline for the use of carbon monoxide monitoring.
- Leaflets/APPS for clients.

There are three types of stop smoking medicines:

Champix tablets (Varenicline)

Zyban tablets (Bupropion)

NRT including patches, gum, lozenges, microtabs, inhalator and nasal sprays

All of them are available from the NHS with a prescription, and Nicotine Replacement Therapy can also be bought from pharmacies without a prescription and other shops (such as supermarkets).

Zyban (bupropion)

Originally designed to treat depression. Unsure as to how it works

Bupropion is prescribed as one to two tablets a day.

Need to take bupropion for 7-14 days before trying to quit as the medication takes this long to reach its maximum effect. A course of treatment usually lasts seven to nine weeks.

Not suitable for people with serious alcohol abuse

Cirrhosis of the liver

Bipolar disorder

Champix (Varenicline)

Champix works by preventing nicotine from binding to receptors (parts of your brain that respond to nicotine), which reduces the rewarding and reinforcing effects of smoking.

At the same time it gently stimulates nicotine receptors, like nicotine does. This means it reduces the bad moods and irritability people can feel when they stop smoking.

Need to Set a quit day 7-14 days after starting champix.

12 week course, that can be followed for another 12 weeks if needed.

Have been reports of depression and suicidal thoughts.

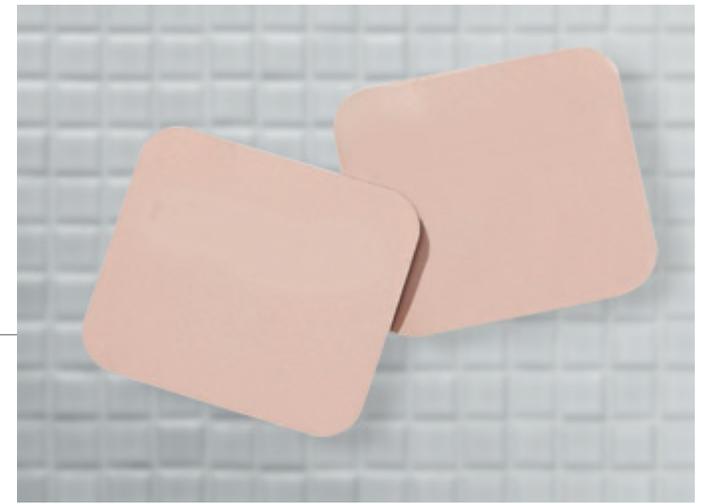
Gum



Gum is available in two strengths: 2mg and 4mg. The 4mg gum is most appropriate for smokers who smoke more than 20 cigarettes a day, or who are strongly addicted to nicotine.

The nicotine is absorbed through the lining of the mouth. Initially be chewing about 1 piece of gum every hour. To release the nicotine from the gum, chew until the taste becomes strong or hot. After this rest the gum inside the cheek. Once the taste or heat fades then will need to chew again to release more nicotine. Discard the gum after about an hour.

Patches



Patches work well for most regular smokers and can be worn round the clock (24 hour patches) or just during the time when are awake (16 hour patches), and they work by releasing nicotine directly into the bloodstream through the skin

The 24 hour patch may cause some sleep disturbance but is helpful for people who have strong cravings during the early morning.

Inhaler

Good for hand to mouth aspect of smoking.

Releases a nicotine vapour when sucked.

Works quickly – better than gum or lozenges.



Nasal Spray

Swift and effective.

One spray twice an hour

Work much more quickly than gum or lozenges. They can therefore be used directly when experiencing cravings.

The nicotine nasal spray is the strongest form of nicotine replacement therapy.

Good for highly dependent smokers.