



Government of **Western Australia**  
Department of **Health**



# Smoking Cessation Clinic

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# Quality Project 2017-2018

- FSH - 60% current smokers at time of new lung cancer diagnosis and on follow up over 3-6 months  
68% persisted in smoking in 2016-2017
- Quality project 21/04/2017 – 21/04/2018
- Initial assessment/consult in clinic
- Follow up clinic appointment and/or telephone
- Prescriptions by respiratory consult team

# Assessment

## Smoking assessment

- Nicotine dependence (Fagerstrom test)
- Smoking history – pack years
- Feelings about smoking
- Triggers and barriers
- Quitting experiences
- Withdrawal symptoms
- CO reading

## Additional Information

- Weight
- Medical history
- Mental health history
- Current medications
- Other recreational drugs – coffee, alcohol, cannabis

# Advice

- Nicotine and nicotine dependence
- Chemicals in cigarettes eg. CO
- Health effects of cigarette smoking on different body systems particularly from lung ca perspective
- Benefits of quitting
- Effects, side effects, dose, frequency and technique/regime of pharmacotherapy
- Strategies to deal with withdrawal symptoms
- Relapse prevention

# Results

There were 10 referrals received in 2017

- 5 achieved complete smoking cessation
- 4 reduced number of cigarettes per day significantly but not quit
- 1 non English speaker and uncontactable, may be still smoking

There are 9 referrals received in 2018 by 21 April

- 1 DNAX2 discharged
- All other 8 patients are still in follow up
- Out of the 8 current patients, 2 have quit and 2 have reduced number of cigarettes significantly

Next step

REFERRALS

Welcome

