

# Discharge checklist for smoking cessation

## Have you done the following?

### Provided relevant written information to client

Provided client with written information about the harms of smoking and benefits of quitting

Provided client's family/carers with information to help them support the client's quit attempt

### Arranged Nicotine Replacement Therapy (if used while in the facility)

Reviewed client's NRT needs and provided a discharge supply (at least 3 days' worth of NRT)

Discussed longer term access to NRT, including subsidised NRT patches through PBS script from GP

Stressed the importance of using NRT for at least 12 weeks for best effect

### Adjusted medication (if client is taking a medication that is affected by smoking)

Reviewed dosage of medications affected by smoking and adjusted in accordance with the client's current smoking /quit status (see tool 8)

### Referred client for follow-up support

Emailed /faxed a referral to Quitline 13 7848 (where applicable)

Arranged a referral to client's GP for PBS script for pharmacotherapy (if appropriate) and to inform GP of client's smoking/quit status

Offered referral to a Cessation Service Provider (if available in your LHD) or Tobacco Treatment Specialist [www.aascp.org.au](http://www.aascp.org.au)

Encouraged client to seek follow-up with their GP

### Recorded relevant information in the client's medical notes

Recorded client's intention regarding smoking/quitting after discharge

Recorded NRT use in hospital and NRT arrangements at discharge

Recorded referrals made for follow-up cessation support

## For more information:

- For more detailed information refer to **Managing nicotine dependence: a guide for NSW Health staff** – download or order a copy from the NSW Health website: [www.health.nsw.gov.au/tobacco/Pages/managing-nicotine-dependence.aspx](http://www.health.nsw.gov.au/tobacco/Pages/managing-nicotine-dependence.aspx)
- A range of consumer smoking cessation fact sheets can be downloaded and ordered from the NSW website: [www.health.nsw.gov.au/tobacco/Pages/publications-resources.aspx](http://www.health.nsw.gov.au/tobacco/Pages/publications-resources.aspx)
- Quitline referral forms (download or order forms): [www.cancerinstitute.org.au/quitline/make-referral-to-quitline](http://www.cancerinstitute.org.au/quitline/make-referral-to-quitline)