

General Information:

Please use the Web Portal Halcyon to make claims for patients who qualify for this service.

Programme Objectives:

- Increase the number of people supported to stop smoking.
- Improve patient health outcomes through evidence-based interventions.
- Streamline the referral pathway for all smoking cessation on the West Coast.

Eligibility Criteria:

- All individuals aged 15 and older enrolled with West Coast Health.
- Currently smoke tobacco and are wanting support to stop.
- Up to two enrolments per patient within a 12-month period.
- Minimum of eight weeks between enrolments.

Exclusion Criteria:

- Individuals not enrolled with West Coast Health.
- Patients exceeding two enrolments within a 12-month period.
- Patients who do not consent to programme participation or follow-up.
- People who do not smoke tobacco

Programme Processes:

This programme links with the **ABC** approach in the NZ Smoking Cessation Guidelines¹:

- **ASK** all people about their smoking status;
- provide **BRIEF** advice to stop smoking to all, and;
- offer to provide **CESSATION** treatment.

Clinical providers of this service are required to satisfactorily complete training:

- MoH Smoking Cessation - **ABCs training** – via NTS (National Training Service e-learning) <https://nts.org.nz/abc-e-learning> or the HealthLearn website

¹ New Zealand Smoking Cessation Guidelines. Wellington: Ministry of Health, 2014.

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All providers are expected to have completed this ABC training, and attend in refresher trainings when offered.

Non-clinical staff would need to complete the full Stop Smoking Practitioner Programme (SSPP) through National Training service (NTS). For more information contact West Coast Health Smokefree Services Coordinator.

1. **Ask** about and document every person's smoking status.

This needs to be entered as a READ code:

- Never smoked 1371
- Ex smoker 137S
- Current smoker 137R

This can be done either by Read coding in Classifications or by using the Smoking Cessation Advanced Form in MedTech or Halcyon link in Indici.

2. Give **Brief** advice to stop smoking to every person who smokes.

The West Coast Health Performance Programme introduced from 1 July 2010, indicators for whether brief advice or cessation support is given to patients who currently smoke.

This needs to be entered as a READ code:

- Brief cessation advice given @ZPSB.10
- Referred to cessation support @ ZPSC.10
- Prescribed medication @ZPSC.20
- Refused cessation support @ZPSC.90

Strongly encourage every person who smokes to use Cessation support (a combination of behavioural support and smoking cessation medicine works best) and offer them help to access it. Refer to or provide cessation support to everyone who accepts your offer.

3. Smoking **Cessation** Treatment

There are two options here:

- Enrol patient in Coast Quit Option 1 and provide behaviour change support and prescribe NRT/medications as appropriate or
- Enrol patient in Coast Quit Option 2, give brief advice, supply with a month of NRT and refer them to a community stop smoking practitioner via ERMS (see below).

Schedule of contacts

Option 1: Eight contact/visit programme:

Contact 1:

Initial contact, assess suitability and readiness to quit. Give person all relevant information about the programme and book enrolment visit.

Contact 2:

Confirm patient's commitment to programme, enrol in programme, set quit date, supply with NRT.

NOTE: Contact 1 and 2 can be combined for a double appointment

Contacts 3-7: (weeks 3 -7)

Follow-up weekly visits, providing NRT at each visit

Contact 8: at 10 weeks:

Follow-up telephone call to assess progress. If relapsed, the patient could be offered another round of Coast Quit if indicated or referred to a specialist cessation service (Te Whatu Ora SSP or Oranga Ha).

3-4 months:

West Coast health smoking status telephone follow-up by the West Coast Health Smokefree Services Coordinator.

Option 2: Initial + Referral to Community SSP

- Initial contact, assess suitability and readiness to quit. Give person all relevant information about the programme. Once consent is gained, refer to choose Stop smoking service via ERMS (See services below).

NOTE: Utilise appointments when patients are in for other reasons.

- Our West Coast Health **Coast Quit** smoking cessation programme – GP Clinics and community Pharmacies
- **Te Whatu Ora Stop Smoking Practitioners (SSP)**
 - Greymouth & Hokitika (03) 769 7488
 - Westport & Reefton (03) 788 9238

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- **Oranga Hā Tai Poutini** - Coast Wide -0800 456 121
- **Smokefree Whānau Incentive Programme** – Refer to either Te Whatu ora SSP or Oranga Hā via ERMS. Same referral pathway as above, however, just note in comments that the referral is for the Whānau incentive programme
- **Quitline & TXT2Quit** (0800) 778 778 for telephone counselling

Smoking Cessation Medications:

- Nicotine replacement therapy: patches, gum, lozenges (all subsidised)
- Nicorette QuickMist and Inhalator
- Bupropion*
- Nortriptyline*
- Varenicline (Due back March 2025)*
*Prescription only

See the 2021 Guide to Prescribing) Nicotine Replacement Therapy (MoH)

<https://www.health.govt.nz/publication/new-zealand-guidelines-helping-people-stop-smoking-update> and NTS Inspiring Handbook for Stop Smoking Medicines <https://nts.org.nz/resources>

Payment:

Patient Co-payment

There is no co-payment to the patient

Claiming and Subsidy Rates

Current Programme Structure:

Payment structure:

- \$22 for the first 2 appointments;
- \$10 for each session thereafter;
- Up to 8 appointments in total. Up to \$104 per patient;
- The Coast Quit enrolled patient may pay the practice/pharmacy a maximum of \$2.50 per visit as an incentive to complete the programme (\$20 total). This is up to the discretion of the practice or pharmacy.

Target Group and Eligibility:

- All smokers who are enrolled with West Coast Health;
- Maximum of 3 enrolments per patient in a 12-month period;

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- Minimum of 8 weeks break between enrolments;
- Exceptions by discussion with the Smoke Free Coordinator.

New Payment schedule – (Due Feb 2025):

Option 1: Eight contact/visit programme:

- Māori and Pasifika patients: \$50 for up to 8 appointments in total – up to \$400 per patient;
- Other ethnicity patients: \$40 for up to 8 appointments in total - up to \$320 per patient;
- This fee covers up to 8 appointments per person, initial consult and at least 3 follow ups should be done face to face;
- Two appointments can be claimed on one day if the initial consult is a double appointment. This will leave the remaining 6 sessions for follow-up sessions.
- Weekly appointments for the first 4 weeks then fortnightly thereafter;
- No additional charge to the patient.

Target Group and Eligibility

- All smokers who are enrolled with West Coast Health;
- Maximum of 2 enrolments per patient in a 12-month period;
- Minimum of 8 weeks break between enrolments;
- Exceptions by discussion with the Smokefree Service Coordinator.

Option 2 - Initial + Referral to Community SSP:

- \$100 for Māori or Pasifika patients
- \$80 for patients for all other ethnicities

Includes:

1. Initial consultation
2. Provision of Nicotine Replacement Therapy (NRT) to initiate treatment provided free by WCH
3. Referral to Community Quit Coaches (Oranga Hā) via ERMS

Target Group and Eligibility:

- All smokers who are enrolled with West Coast Health;
- Maximum of 2 enrolments per patient in a 12-month period;
- Minimum of 12 weeks break between enrolments;
- Exceptions by discussion with the Smokefree Service Coordinator.

Frequently Asked Questions

- **What is the maximum number of enrolments per year?**
Two enrolments, with a minimum 8-week gap between enrolments
- **How do I record smoking status?**
Use the READ codes: 1371 (Never smoked), 137S (Ex-smoker), 137R (Current smoker).
- **How long does a brief intervention take?**
Less than 30 seconds.
- **What is the best cessation support option?**
Behavioural support combined with medication is the most effective.
- **Who do I contact for assistance?**
Amy Bruhn, Smokefree Services Coordinator, West Coast Health
amy.bruhn@westcoasthealth.nz
- **Can I claim a Coast Quit appointment if the patient presented initial for something else?**
Yes, for instance, if a patient comes in for an inhaler repeat or a chest infection - complete the ABCs of smoking cessation with them, and if they express interest in support, you can use this consultation as their initial smoking cessation appointment. If time allows, you can also waive the fee for this visit.