Coast Quit

Practice Information

Last updated: 23 June 2025

General Information:

Please use the Te Pokapū Web Portal: Coast Quit programme to make claims for patients who qualify for this service.

Programme Information:

This programme links with the ABC approach in the NZ Smoking Cessation Guidelines[1]:

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

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 12 weeks between enrolments.

Exclusion Criteria:

- People who do not smoke tobacco
- Patients not enrolled in West Coast Health

Exceptions to eligibility criteria will be considered, contact the WCH Smokefree Service Liaison

Programme Requirements for Providers:

Training:

Clinical providers: required to satisfactorily complete the following training and attend refresher trainings:

Questions or Feedback?
Please contact the West Coast Health Clinical Quality Team

Top Floor,
163 Mackay Street
Greymouth, 7805
Phone: +64 3 768 6182

QualityTeam@westcoasthealth.nz

- ABCs training – via NTS (National Training Service e-learning) https://nts.org.nz/abc-e-learning or the healthLearn website

Non-clinical staff: Required complete the following training and attend refresher trainings:

- Stop Smoking Practitioner Programme (SSPP) through National Training service (NTS). For more information contact West Coast Health (WCH) Smokefree Services Liaison.

Consultation Content:

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 Te Pokapū link in Indici.

2. Give Brief advice to stop smoking to every person who smokes.
   The WCH 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 to refer. If consents, refer to or provide cessation support to everyone.

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).

Programme Process

Option 1: Eight contact/visit recommended programme:

- Contact 1:
  - Enrol in Coast Quit option 1 – Complete Initial contact, assess suitability and readiness to quit. Give person all relevant information about the programme and book enrolment visit.
- Contact 2: **NOTE: Contact 1 and 2 can be combined for a double appointment**
  - Confirm patient's commitment to programme, enrol in programme, set quit date, supply with NRT or Smoking cessation medications prescription.
- Contacts 3-7: (weeks 3 -7):
  - Follow-up weekly visits, providing NRT or Smoking Cessation medication prescription when appropriate. **A minimum of 4 follow-up appointments are expected to be face-to-face.**
- Contact 8: at 12 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 (Health NZ/Te Whatu Ora SSP or Oranga Ha).
- 3-4 months:
  - WCH smoking status telephone follow-up by the WCH Smokefree Services Liaison.

Option 2: Initial + Referral to Community SSP

- Contact 1:
  - Assess suitability and readiness to quit. Give person all relevant information about the programme. Once consent is gained, refer to chosen Stop smoking service via ERMS (See services below).
    - **Health NZ/Te Whatu Ora Stop Smoking Practitioners (SSP)**
    - **Oranga Hā Tai Poutini**
    - **Smokefree Whānau Incentive Programme** – Refer to either Health NZ/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 Smokefree Whānau Incentive Programme.

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West Coast Health
Community Wellbeing Services

Smoking Cessation Medications:

- Nicotine replacement therapy: patches, gum, lozenges (all subsidised and provided by WCH)
- Bupropion*
- Nortriptyline*
- Varenicline*

*Prescription only

Payment:

Patient Co-payment

There is no co-payment to the patient

Claiming and Subsidy Rates

Option1: Eight contact/appointment 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;

Option 2 - Initial + Referral to Community SSP:

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

Resources and Links

- ABC E-Learning
- healthLearn
- Resources
- Guide to Prescribing Nicotine Replacement Therapy (NRT)

Frequently Asked Questions

- **What is the maximum number of enrolments per year?**
  Two enrolments, with a minimum 12-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?**
  Smokefree Services Liaison, Siobhan Iafeta: Siobhan.Iafeta@westcoasthealth.nz

- **Can I claim a Coast Quit appointment if the patient presented initially 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, and time allows you can use this consultation as their initial smoking cessation appointment. Please remember that you **should not charge a co-pay when you make a Coast Quit claim.**

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