

THE NORTH THORESBY PRACTICE

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Smoking cessation protocol

- Referral from patient, or any member of the staff
- First appointment, allow 20 minutes to obtain history of smoking and background of patient in relation to smoking
- Explain duration of smoking programme is 12 weeks
- Complete Quitmanager template
- Ensure the patient is ready to quit as time, as motivation is crucial
- Carbon monoxide reading to be taken every time
- Discuss medication options for patient