

CAMQUIT



Cambridgeshire
County Council

How we can help you
quit smoking



CAMQUIT is the Stop Smoking Support Service for Cambridgeshire. We are one of the services offered by Cambridgeshire County Council's Public Health Directorate.

What does CAMQUIT provide?

- FREE information and support to people who would like to stop smoking
- Specialist trained advisors are based throughout Cambridgeshire
- One-to-one appointments with a specialist advisor are available during the day and evening. Appointments will last approximately 20 minutes

Where are the services provided?

- Within all GP practices
- In many pharmacies
- In community-based clinics
- Telephone support via our dedicated CAMQUIT phone line: 0800 018 4304

What do stop smoking advisors do?

- Offer specialist advice, support and encouragement to help people stop smoking for good
- They listen and are non-judgemental
- Support smokers to access medication which will improve their success rate, such as Nicotine Replacement Therapy (NRT), Zyban and Varenicline via NHS prescriptions

The first steps to stopping smoking

- ➔ **Step 1:** Think how great you would feel if you stopped smoking for good and what it would be like to wake up every day feeling completely fresh and addiction-free, with more energy, more money and more life.
- ➔ **Step 2:** Prepare for a better future! Have a plan. Understand why you smoke and what you will do to take your mind off smoking. Get advice about the medication choices and what would be the best option for you and which people are going to support you. Set a date to quit smoking.
- ➔ **Step 3:** Quit with the support that's right for you. If you stop smoking with the support of a trained advisor and also use licensed smoking cessation medication your chances of success increase by four times. In Cambridgeshire this help is available through every GP practice, more than 50 pharmacies, community-based clinics offered by CAMQUIT and also via CAMQUIT's telephone support line.
- ➔ **Step 4:** Stop for good and stay positive. It can take a few attempts to stop smoking. There are lots of ways to stop smoking and success comes from finding the way that's right for you.

Stop smoking medicines

- CAMQUIT recommends and supports the use of licensed stop smoking medicines.
- Stop smoking medicines are helpful when your body is fighting the physical addiction and while you learn to not smoke.
- Nicotine Replacement Therapy is available after an assessment with an advisor for pregnant women. It is also available for young smokers aged 12 years and above.
- Zyban and Varenicline are prescription only medications and not suitable for under 18-year-olds or pregnant women. Anyone interested in using them to stop smoking will require an assessment via a GP.

What medicines are available?

- All treatments are available on a NHS prescription, charged at two-weekly intervals through your stop smoking advisor. A usual treatment period lasts 12 weeks.
- Nicotine Replacement Therapy gives your brain the nicotine it craves without the other toxic chemicals found in tobacco and reduces the brain's dependency on nicotine over the course of 12 weeks. NRT is currently available in several different formats: gum, patch, oral spray, nasal spray, inhalator, clear strip and lozenge.
- Varenicline (Champix) is a prescription-only tablet designed to help smokers stop by binding to the same receptors in the brain as nicotine, but reducing and slowing down the release of dopamine. This reduces the symptoms of withdrawal and the satisfaction a smoker receives when smoking a cigarette. The usual course of treatment is 12 weeks.
- Bupropion Hydrochloride (Zyban) is a prescription-only tablet which moderates the levels of dopamine and noradrenaline in the brain so that cravings and withdrawal symptoms are controlled. The usual course of treatment is eight weeks.
- Both Champix and Zyban are only available after a suitability assessment with your own GP.

Electronic cigarettes

Electronic cigarettes, or e-cigarettes, are currently unregulated and unlicensed nicotine-containing products and, at the moment, there is insufficient evidence to determine their safety and efficacy. They are not available through the smoking cessation service or via NHS prescription. CAMQUIT's provision of e-cigarettes as part of their smoking cessation services will be reviewed as and when they are regulated and in line with evidence-based, best practice guidance. CAMQUIT advisors can provide information factsheets on e-cigarettes, and if you decide to stop smoking using e-cigarettes CAMQUIT can still provide you with further information and behavioural support to increase your chances of quitting successfully.

What else does CAMQUIT do?

The CAMQUIT central team acts as the co-ordinating service for Cambridgeshire County Council's smoking cessation activity and supports the development of the countywide stop smoking service, as well as having a core team of specialist advisors who deliver clinics that support smokers to stop smoking throughout Cambridgeshire.

This includes:

- Specialist smoking cessation training and mentoring for health professionals and partner organisations
- Ongoing communication with partner GP practices and pharmacists who deliver smoking cessation
- Smoking cessation marketing and communications
- A specialist smoking in pregnancy midwife
- Partnership work to increase the provision of services for pregnant women and their families
- Partnership work to support the development of services for young people
- Partnership work with acute and community-based hospitals
- Data analysis to support the development of our services within the county

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