

Provide VBA on smoking cessation



Confirm eligibility

Anyone living in the East Riding aged 12 and above



Offer client a referral to the East Riding Stop Smoking Service



Refer on their behalf or they can self refer:

Phone: 0800 9177752

Email: HNF-TR.healthtrainers@nhs.net

Website: www.nhs-health-trainers.co.uk/contact

QUIT Number: Text QUIT to 60163



Contact with client

Client is seen for 8 sessions on a weekly basis to guide, support and motivate client to quit with the help of a Healthtrainer and NRT or Varenicline. CO reading is recorded at sessions 0, 3 and 7 to confirm smoking status. Request for NRT or Varenicline sent via Pharmoutcomes to the requested pharmacy for client to collect. **Please note NRT is always free of charge to the client.**



End of service

Client is issued with a letter to send to their GP to have medical records updated to confirm quit status



Follow up process

Client contacted every 12 weeks for a year to ensure they are still smokefree. Client offered a re-referral if they relapse.