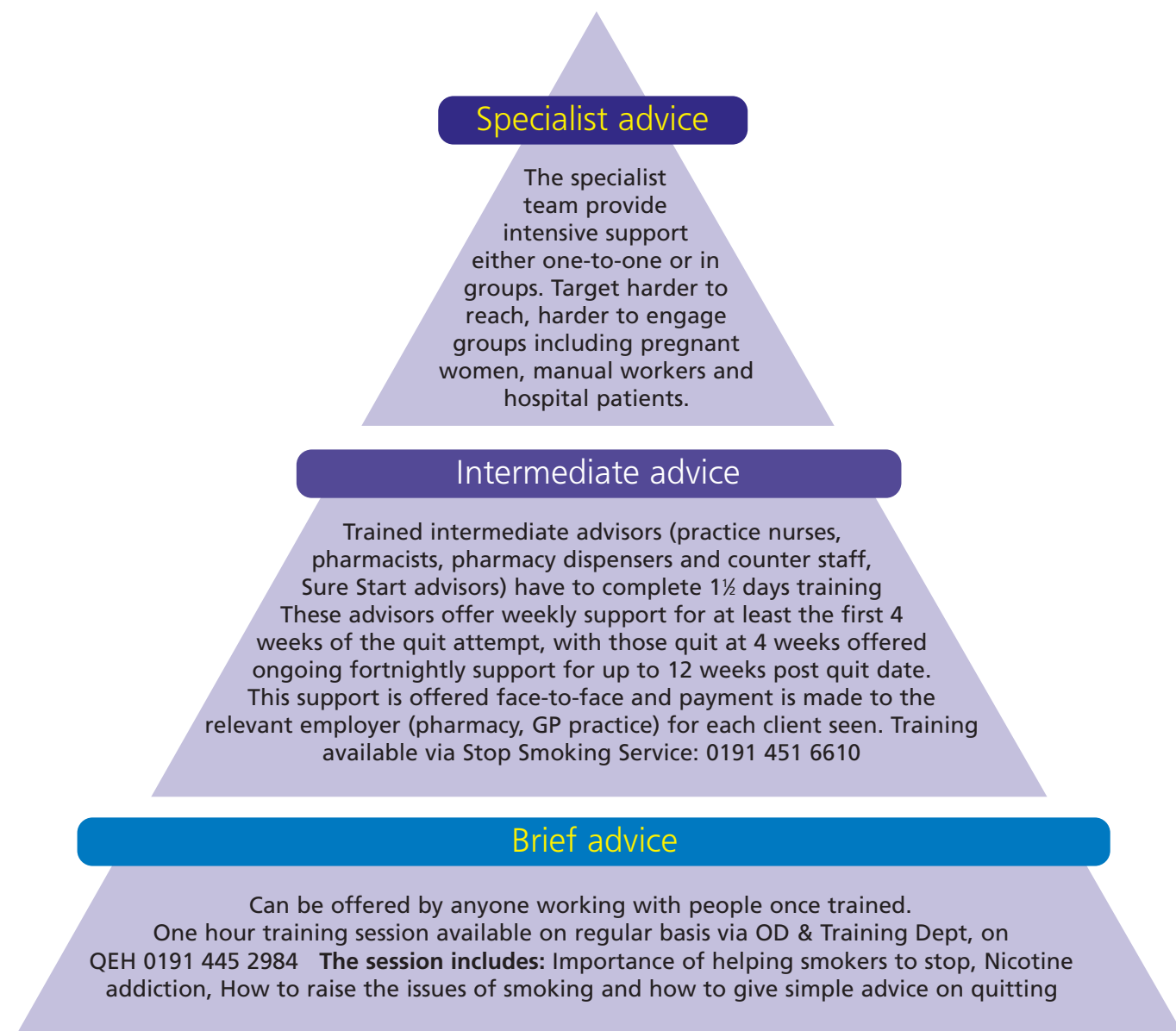


## The stop smoking advice pyramid



### Feedback, information, or suggestions for future factsheets?

Please contact: Pat Elms, CEHI Manager, Gateshead PCT, Team View, 5th Avenue Business Park, Team Valley Trading Estate, Gateshead  
Tel: 0191 497 1475 Email: cehi@ghpct.nhs.uk



## Smoking

### Smoking and Feet

Smoking affects our circulation through fatty deposits that furr up the arteries (atheroma and atherosclerosis). This furring narrows the arteries and reduces blood flow to the feet and lower limbs. Smoking also reduces the amount of oxygen carried in the red blood cells. There are many problems arising from this combination of poor blood flow and low oxygen levels.

### Symptoms

Individuals can suffer increasing episodes of cramp and difficulties walking any distance due to claudication (cramp on exercise). There may also be local changes in skin temperature and skin tone affecting the feet and lower limbs. The resulting thin dry skin may then crack leading to ischaemic fissuring which, at its most extreme, could ulcerate and become gangrenous. Smoking also affects tissue viability due to its vaso-constricting effect and therefore may severely inhibit wound healing.

Stopping smoking can reduce the risk of these problems, and can slow down or reverse some of the changes.

### Who smokes?

In Gateshead 32% of adults smoke- that's higher than the national average of 27%. In some parts of Gateshead over 50% of adults smoke.

The proportions of men and women smoking are similar.

Smoking rates are lower among socio-economic class I, and rise successively through to the most disadvantaged classes IV and V.

Although a lot of adults have given up smoking the number of adults who smoke has stopped falling and more are starting.

About 70% of current smokers would like to quit.

### Why does it matter?

Smoking is now the principal avoidable cause of premature death in the UK, killing 114,000 people every year. On average, a smoker will die 16 years prematurely.

Smoking causes excess deaths from cancer, heart disease and respiratory diseases. Gateshead has a 68% higher rate of deaths from lung cancer than England & Wales, most of which could have been prevented.

Smokers also suffer more ill health than non-smokers, ranging from gum diseases, circulatory problems and respiratory conditions. Smoking also adversely affects senses of taste and smell.

Smoking impairs sexual and reproductive functions by reducing sperm quality and quantity, and causing impotence and infertility.

### Benefits of stopping

Despite the established negative health effects of smoking, the benefits of stopping are prompt to appear and long lasting. These include reduced risk of stroke to non-smoker level after only 5 years; former smokers reduce their incidence of lung, oral cavity and oesophagus, pancreatic, colorectal, and urinary tract cancers.

Amongst 'healthy' smokers, heart attack risk declines to half within two years after stopping smoking. For smokers with existing CHD cessation halves risk during 1-13 years of follow-up. Other effects include reduced risk of bone loss, hip fracture, rheumatoid arthritis, cataract and peripheral arterial disease.

For further information, please contact:  
Maria Williams, Stop Smoking Service Co-ordinator  
**0191 451 6610**

*"The number of adults who smoke has stopped falling. Worse still the number of children who smoke is going up, with more girls than boys taking up this deadly habit. Smoking is now the principal avoidable cause of premature deaths in the UK. It hits the worst off people hardest of all. It harms people who do not smoke. It harms babies in the womb"*

**Smoking Kills**  
White Paper 1998

# Quitting smoking in Gateshead

## What works?

Broadly speaking quit rates increase with the level of support given. At the top is intensive behavioural support plus nicotine replacement therapy (NRT) or Bupropion (Zyban), which enables about more than 50% of clients to quit, with 20% stopped long term.

## NRT prescribing

NICE (2002) clearly articulated the strong case for the prescribing of NRT and Zyban to smokers, in conjunction with support. The guidelines show that support, backed up by a prescription for NRT or Zyban, and referral to specialist support where needed, greatly increases the smoker's ability to stop smoking.

## Challenges

It must be remembered that quitting smoking is very difficult due to the intensity of addiction, and that on average smokers take several attempts before they quit for good.

NRT or Zyban is free on prescription for those entitled to free prescriptions.

*"Please have more people like the lady I had to give your new clients help"*

**Client survey, 2003**

## What doesn't work?

Other quit approaches commonly used, such as acupuncture and hypnotherapy are not evidence based and are expensive. Gateshead PCT encourages cessation support in line with best evidence as delivered by our stop smoking service.

## What do I need to do?

- Ask clients about smoking
- Record information
- Consider how smoking affects your clients
- Look at resources available
- Advise your clients to stop; providing personalised messages
- Get trained in giving effective brief advice or train to be an intermediate advisor
- Refer for support
- Follow progress

*"After 40 years of smoking, I am now a non smoker thanks to the support I received"*

**Client survey, 2003**

## Who manages the service?

The service is organised as a cross-district service covering Gateshead and South Tyneside managed by the Stop Smoking Service Coordinator who is employed by South Tyneside PCT. In Gateshead the Stop Smoking Service is managed as part of the Public Health Directorate, Gateshead PCT.

## Success

The service is one of the most successful in England and Wales, recognised nationally by the Department of Health as a model of best practice.

## Support for staff who want to quit

Staff can access help to stop smoking from Occupational Health, QEH, tel: 455 2691

Or contact the Gateshead and South Tyneside Stop Smoking Service on: 0191 451 6610

## Smoke free policy

The PCT introduces its smoke-free policy from September 2004.

Staff will not be allowed to smoke on any PCT premises and will be supported to ask patients not to smoke during home visits.

*"My advisor has been excellent support throughout and I would advise anyone to go to her if they wished to stop smoking"*  
**Client survey, 2003**

## What's available in Gateshead?

Most practices in Gateshead have trained intermediate advisors (practice nurses, pharmacists, health visitors)

These advisors offer weekly support for at least the first 4 weeks of the quit attempt, with those quit at 4 weeks offered ongoing fortnightly support for up to 12 weeks post quit date.

This support is offered face-to-face and these advisors are paid for each client seen on a staggered fee basis: £5 for initial

assessments, rising to £20 for clients supported throughout the four week quit attempt.

## Intensive support

The specialist advisors deliver support on a more intensive basis. Weekly face-to-face appointments are provided, lasting about 30 minutes. Any motivated smoker can access support from a specialist advisor, either by self-referral or referral by a health professional. Specialist advisors see clients on an individual or group basis in a variety of settings including hospitals, community centres and GP practices.

## Who do I contact for more information?

### Gateshead & South Tyneside Stop Smoking Service

0191 451 6610  
9am – 5pm, Monday – Thursday  
9am – 4.30pm, Friday  
(Answer machine out of hours)

You can also contact the above service for resources.

Your views on the smoking cessation service should be addressed to:

Clare Beard, Public Health Practitioner 0191 497 1463

or  
Maria Williams, Stop Smoking Service Co-ordinator  
0191 451 6610

