

# The A to Z of smoking cessation Update September 2009

CPLD reviews its distance learning programmes every twelve months to ensure currency. This update has been produced by an expert and should be read in conjunction with the The A to Z of smoking cessation distance learning course. Where updated information has been provided, we have indicated the relevant section and page number in The A to Z of smoking cessation for your reference. All updated information is available to download from the CPLD website [www.nicpld.org](http://www.nicpld.org)

**Pharmacists are reminded that information contained in this addendum is correct at the time of publication (September 2009) but it is their responsibility to keep up-to-date with any changes in practice.**

## Section 1: Smoking policy, trends and costs

On page 12 and throughout the course, reference is made to The Health and Social Services Boards. These were replaced on 1st April 2009 by a single Health and Social Care Board.

Page 15 The age of sale of tobacco products has now risen from 16 years of age to 18 years of age since September 2008. The Minister for Health has laid plans before the Assembly to ban tobacco advertising at the point of sale. Similar legislation is already in place in England and Wales.

## Section 2: Smoking and disease

The former Health Promotion Agency (now the new Public Health Agency) published research on Childhood Exposure to Tobacco Smoke in Northern Ireland in March 2009. The press release can currently be accessed from : [http://www.healthpromotionagency.org.uk/work/Publicrelations/PressReleases/chets\\_09.htm](http://www.healthpromotionagency.org.uk/work/Publicrelations/PressReleases/chets_09.htm). It is likely that the outcomes from this report will lead to recommendations in the review of the 5-year Tobacco Action Plan which is currently being updated (no release date yet).

## Section 4: Smoking interventions

It should be noted that brief advice can be given by anyone who comes into contact with a smoker, not just by health professionals.

## Section 5: Pharmacological aids in smoking cessation

MHRA has included varenicline in a more recent drug safety update in November 2008 but the advice is similar to that on page 80. MHRA also provides a guide to products for smoking cessation on their website dated March 2009.

## Contacts

The Quitline number provided is incorrect, for Northern Ireland it should be 0800 85 85 85.

As of 1 April 2009, The Health Promotion Agency no longer exists as it has been subsumed under the new Public Health Agency (<http://www.publichealth.hscni.net/>)