

Quitline Tasmania update

Winter 2023

This seasonal update is intended for health professionals with the aim of informing and supporting your practice around smoking cessation.

Sounds like...
you need to **listen to your body**



New Quit Tasmania TV campaign 7 May - 1 July

Welcome to our latest health professional newsletter, on '**World No Tobacco Day**' (31 May) no less!

There's been a lot happening since our last update, with the Federal Government making some **major announcements** on **tobacco control** and **e-cigarette reforms**. **These reforms** include working to stamp out illegal vaping by stopping the illegal import of non-prescription e-cigarettes, the requirement for pharmaceutical-like packaging and restricting flavours, colours and other ingredients. The Government also announced funding for a new **national lung cancer screening program** for at risk Australians, as well as increases to the tobacco tax excise by 5% per year over three years, which means the cost of tobacco is set to increase. The **National Tobacco Strategy** 2023-2030 (available [here](#)) was also released.

This World No Tobacco Day we are urging Tasmanians who would like to quit to "have-a-go" now and boost their bank balance, amidst the rising cost of living. People smoking 20 cigarettes a day will gain over **\$1000 a month**, or a staggering **\$13,000 per year** by quitting. A cost of smoking calculator is available on our [website](#).



To read the above article, click [here](#)

If there are any smoking or vaping focus areas you would like us to address in future editions, please don't hesitate to get in touch at admin@quittas.org.au

Abby Smith BSc/BA(Hons), MSc, PhD Candidate USYD

Director Quit Tasmania

Nicotine Replacement Therapy update.

Nicotine 4mg and 2mg **gum and lozenges are now 'Supply Only'** on the Pharmaceutical Benefits Scheme (PBS). This means that **only nicotine patches are available on the PBS.**

Prescriptions written prior to the Supply Only period are able to be dispensed using the Supply Only product where available. After the Supply Only period, the product will be removed completely from the PBS.

For people with a PBS prescription for NRT:

Concessional co-payment is now at \$6.30 (increase).
General co-payment is now \$29.00 (decrease from \$41.00).



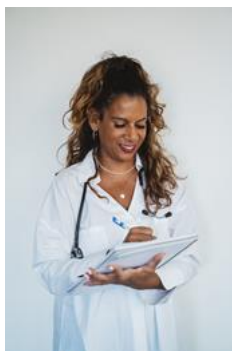
Quit Tasmania's Latest Campaign 'Sounds Like' will drive more patients into your practice worrying about the impact smoking/vaping is having on their health.



[Click to play new campaign \(30 secs\)](#)

Supporting your patient to quit smoking and/or vaping, in combination with pharmacotherapy and behavioural counselling from Quitline Tasmania, offers your patient the best chance to quit.

Some **Quitline Tasmania** statistics for you.

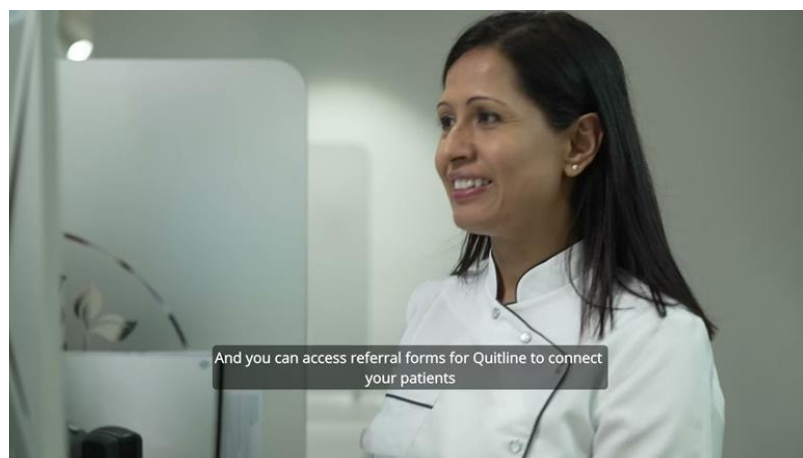


- 91% of clients accepted ongoing counselling following an initial call

- 1467 **new** and **returning** clients in contact with Quitline Tasmania in the last 6 months
- 1 in 4 clients who set a quit date had stopped smoking at 6-month follow-up

"...many smokers may need repeated assistance over the course of their lifetime..." *quoted from Tobacco in Australia. Source link [here](#)*

To see how **Quitline** impacts and supports the patients you refer to us, we invite you to view this short video:



Click to play full clip (4 minutes - worthwhile!)

Training available for health professionals

Supporting People to Stop Smoking (SPSS)

This free 3 hour training provides health professionals with knowledge and tools to address smoking and/or vaping with their patients.

For more information, please see our website [here](#) or contact our Community Engagement Coordinator, Irena Zieminski, on 6169 1943 or izieminski@cancertas.org.au

(at your practice or via zoom)



You can refer to us via **Healthlink** if your practice has an account. Just search:

Quit Tasmania

under [Sites](#) in the Healthlink Directory [here](#)

Please note that you are still able to refer to Quitline via

- fax using a referral form to 03 61691941

or

- via the referral form on our website located [here](#)

Would your practice benefit from a service visit from Quitline Tasmania?

We provide service visits to inform health professionals of the benefits of referring to Quitline and what your patients can expect from the service. We can respond to your specific questions or provide a general presentation on our service.

Please contact Sue, our Quitline Team Leader, on 6169 1943 or shearn@cancertas.org.au to arrange a visit

(As we are based in southern Tasmania, where we can, we will visit in-person, but in some cases may need to arrange a virtual visit.)



Quit Tasmania is supported by the Department of Health

A program of



We acknowledge the Tasmanian Aboriginal people, the Traditional Custodians of the lands on which we work and live, and pay our respects to Elders past, present and emerging.



Quit Tasmania
15 Princes St, Sandy Bay TAS 7005

Thank you for referring your patients to Quitline Tasmania. We hope this information is useful.