

Quitline Update

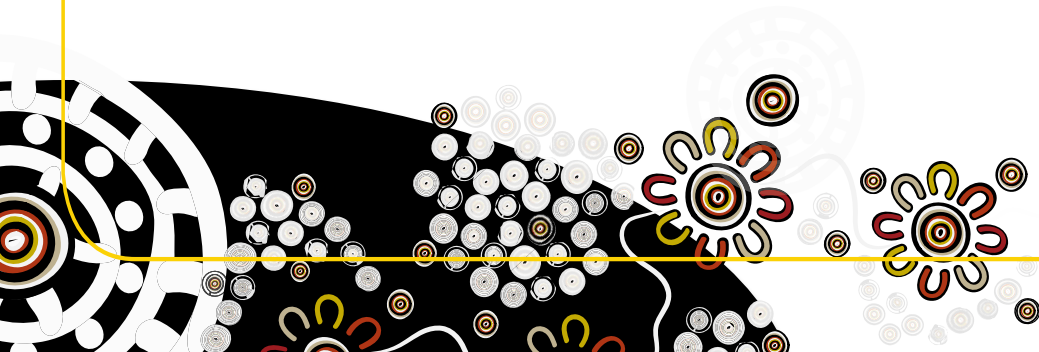
SA TIS Jurisdictional Workshop



Acknowledgement of Country

I acknowledge the Kurna people as the traditional custodians of the land and waters.

I pay my respects to their elders – past and present.



What's happening at Quitline?

- Quitskills team to provide coverage
- Ongoing recruitment for Aboriginal Counsellor
- Aboriginal and Torres Strait Islander smokers still being referred or self-referring

Show me the numbers!

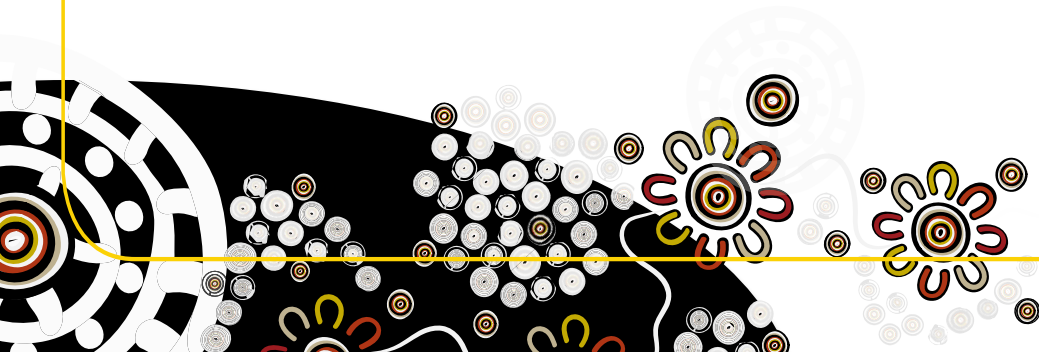
SA Quitline referrals

Aboriginal Health site	52
(TIS/AHW	44)
Self/blank/non-AHS	134
Total	186

Let's chat

What do you see as the barriers?

How can we support each other going forward?



What will Quitline do?

- Promote **active referrals**
- Promote **brief interventions**
- Promote Quitline
- Continue to visit Health Services
- Continue to train Health Professionals

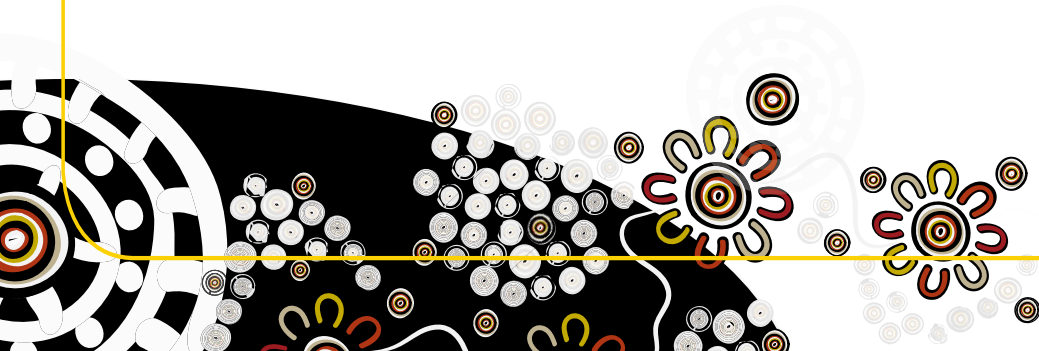
How will we do it?

- Support for Health Professionals and maintaining an ongoing work relationship
- 6 x unsuccessful call attempts
- Case management (if preferred)
- Attending community events
- Providing community based 'Yarning Sessions'

But don't forget...

Talking About The Smokes

- 70% of smokers wanted to quit
- 48% of daily smokers had made a quit attempt in the last year.
- 47% of daily smokers who had made an attempt in the last five years had sustained an attempt for at least one month



Online is best!



Cancer Council SA Call us 13 11 20

Can't find something?

Quick links: [Shop](#) | [Media](#) | [About](#) | [Research](#) | [Health Professionals](#) | [Useful Links](#)

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Quitline.137848



If you smoke...

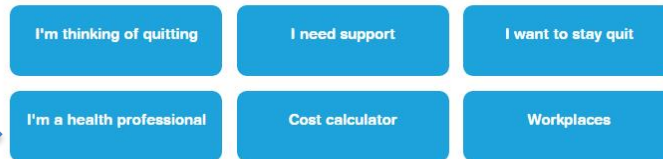
- in the morning,**
try a new morning routine.
- after meals,**
have a mint or a cup of tea instead.
- in your car,**
clean it out to get rid of the smell and keep healthy snacks with you.
- when you're stressed,**
get enough sleep, stay active and talk about what is bothering you.

Do you know your Triggers
Understanding your triggers can help you quit.

[Learn More](#)

Please share this website: [f](#) [L](#) [t](#) [v](#) [g](#)

Click on
'I'm a health professional'



- I'm thinking of quitting
- I need support
- I want to stay quit
- I'm a health professional
- Cost calculator
- Workplaces



Double your chances of quitting

- 
Call Quitline
13 7848
- 
Register with
Quitline
- 
Chat Online

Quitline.137848

I'm a health professional

Contents

- [Refer a client to Quitline](#)
- [What is my role?](#)
- [Common barriers for health professionals](#)
- [Resources to support my client](#)

Refer a client to Quitline

[Click here](#) to complete an online referral to Quitline for your client.

Order Resources

[Click here](#) to order resources

What is my role?

The majority of people who smoke are interested in quitting (but not necessarily ready to take action). Research shows that encouragement and brief advice from health professionals is appreciated and will often lead to action. As a health worker you are not expected to spend hours counselling patients through the quitting process but providing your support and encouragement can support your patient to quit smoking. You can refer your patient to Quitline who will provide over the phone support throughout your patient's quitting.

Support your clients by:

- *asking about their smoking*
- *providing a referral to Quitline*
- *referring to other services or health professionals*
- *offering the support of nicotine replacement therapy or medications if appropriate (GP only)*
- *actively encourage and support their patients/clients in their quitting journey.*

Refer a client
to Quitline



Resource order
form

Opening hours (SA local time):

Monday-Friday 8:30 am – 7:45 pm
Saturday 2:00 pm – 4:45 pm

Call 13 7848

Speak to a qualified
Quit counsellor



Phone Email

[Quitline home](#) > [I'm a health professional](#) > [Quitline referral](#)

Quitline.137848

Quitline referral

Title:

Name*:

Address*:

Postcode*:

Contact number*:

Aboriginal or Torres Strait Islander?:

Interpreter required?:

When to call:

Date of first call (dd/mm/yyyy)*:

Best time to call*:

Does your client give permission to send you reports regarding their quitting progress?*:

Referring professional's name*:

Organisation:

Profession*:

Address:

Postcode:

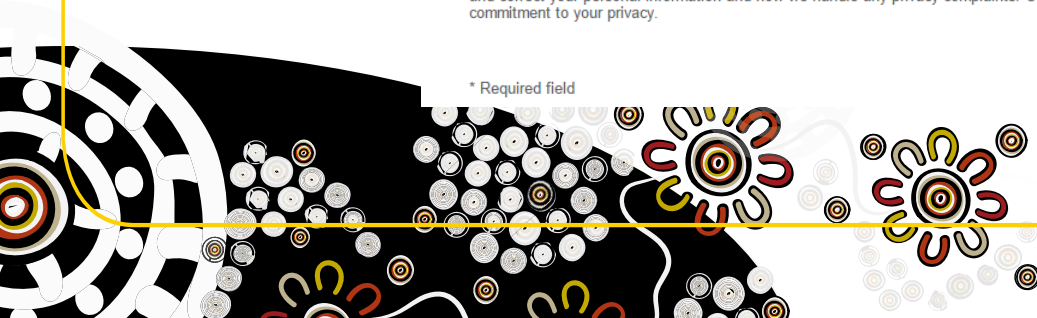
Contact Phone or Email*:

Privacy collection statement

Your privacy is as important to Cancer Council SA as it is to you. That's why any personal information you give us will be treated with respect and in strict confidence. Personal information is collected to process donations, issue tax receipts and to send you updates. We may disclose your information to agents, contractors and third parties who provide services to us, and in doing so we take reasonable steps to ensure any information held by our service providers is protected. A full copy of our Privacy Policy is at www.cancersa.org.au/privacy with details about how you can access and correct your personal information and how we handle any privacy complaints. Or call us on 1300 65 65 85 for more details about our commitment to your privacy.

* Required field

[Send](#)



In closing

- Ask permission to talk about smoking
- Ask how your client feels about smoking at the moment
 - Draw out more change talk and acknowledge sustain talk
- Ask about previous quit attempts – what has worked in the past?
- Leave the next step to the client
 - Offer referral to Quitline or clinic

Thank you!

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