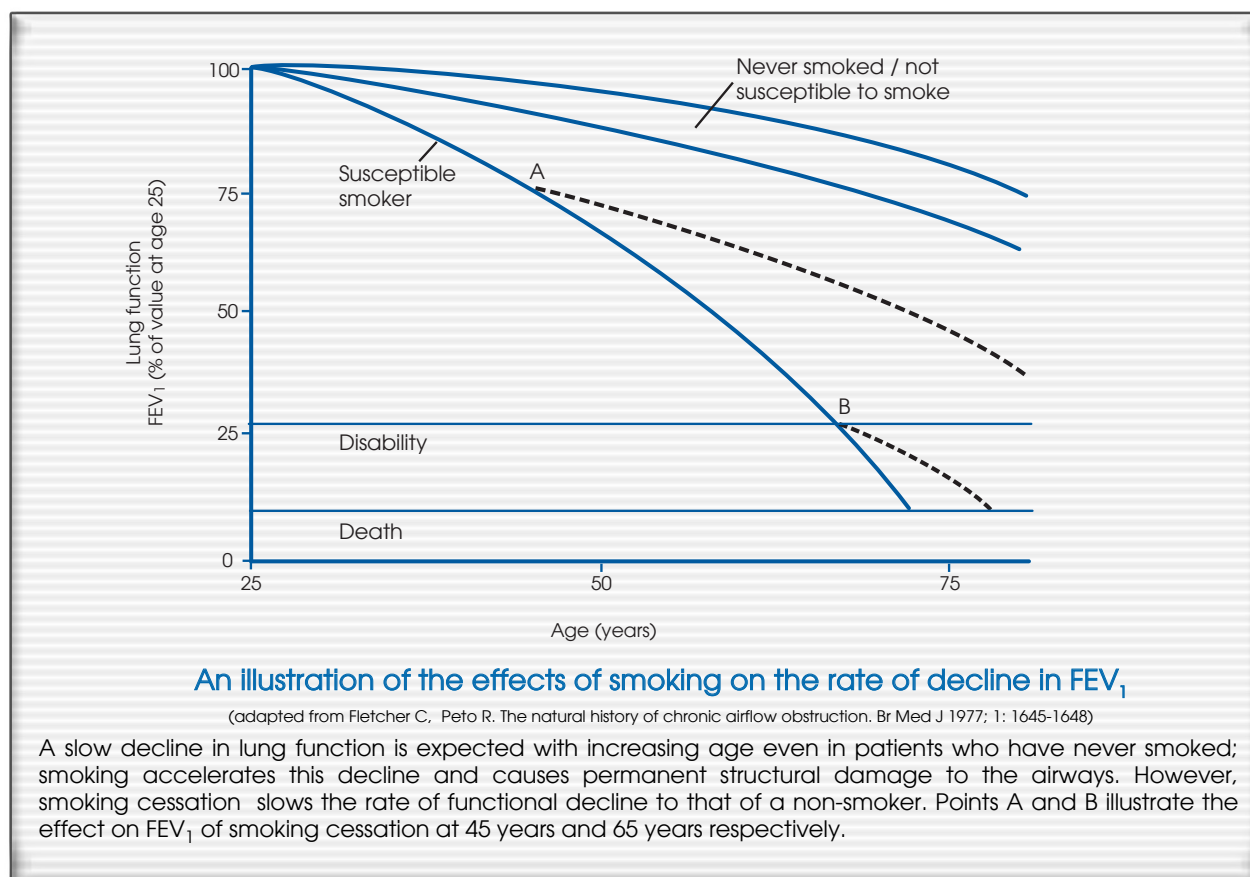


Smoking cessation in COPD patients

The following diagram may prove useful during patient counselling to illustrate the benefits of stopping smoking at any age and any stage of disease, even if the patient becomes disabled by their condition.



All COPD patients who smoke should be encouraged to stop and offered help to do so at every opportunity, regardless of age.

Any intervention, including pharmacological assistance, which may help the patient in their quit attempt should be considered unless contraindicated. The National Institute for Health and Clinical Excellence (NICE) public health programme guidance on smoking cessation is available at www.nice.org.uk/ph10.

The guideline states that one medication is not favoured over any other and that the clinician and patient should choose the one most likely to succeed. More than one type of NRT may be used where appropriate but none of the pharmacological measures on offer should be offered in combination with one another.

When deciding which therapy to use, and in which order, discuss the options with the patient and take into account:

- whether a referral has been made to NHS Stop Smoking Wales (www.wales.nhs.uk/stopsmoking or 0800 085 2219)
- contraindications and the potential for adverse effects
- the patient's personal preferences
- the likelihood that the patient will follow the course of treatment
- their previous experience of smoking cessation aids.