

## Smoking overview

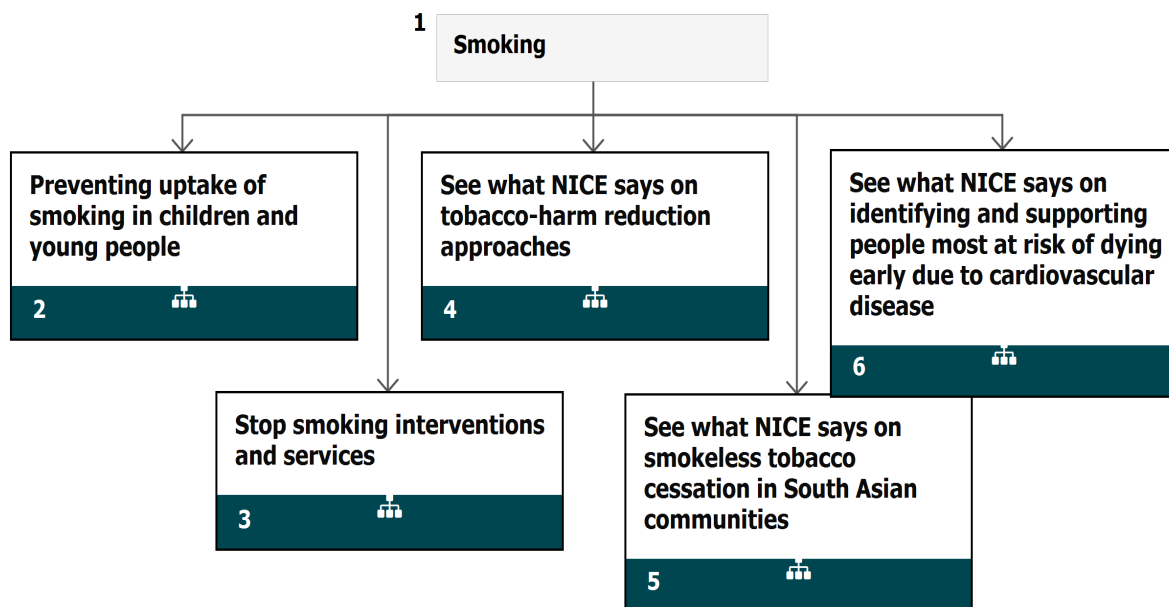
NICE Pathways bring together everything NICE says on a topic in an interactive flowchart. NICE Pathways are interactive and designed to be used online.

They are updated regularly as new NICE guidance is published. To view the latest version of this NICE Pathway see:

<http://pathways.nice.org.uk/pathways/smoking>

NICE Pathway last updated: 02 August 2018

This document contains a single flowchart and uses numbering to link the boxes to the associated recommendations.



**1 Smoking**

No additional information

**2 Preventing uptake of smoking in children and young people**

[See Smoking / Preventing uptake of smoking in children and young people](#)

**3 Stop smoking interventions and services**

[See Smoking / Stop smoking interventions and services](#)

**4 See what NICE says on tobacco-harm reduction approaches**

[See Smoking: tobacco-harm reduction approaches / Smoking: tobacco-harm reduction approaches overview](#)

**5 See what NICE says on smokeless tobacco cessation in South Asian communities**

[See Smokeless tobacco cessation: South Asian communities / Smokeless tobacco cessation: South Asian communities overview](#)

**6 See what NICE says on identifying and supporting people most at risk of dying early due to cardiovascular disease**

[See Cardiovascular disease: identifying and supporting people most at risk of dying early / Cardiovascular disease: identifying and supporting people most at risk of dying early overview](#)

**Brief interventions**

(interventions that help people stop smoking, involving opportunistic advice, discussion, negotiation or encouragement and, where necessary, referral to more intensive treatment; they are delivered by a range of professionals, typically in less than 10 minutes)

**CO**

carbon monoxide

**Community workers**

(practitioners working outside the health sector who have a remit for smoking cessation)

**Group behaviour therapy**

(programmes that involve weekly meetings for the first 4 weeks of a quit attempt, during which people who smoke receive information, advice and encouragement and some form of behavioural intervention (for example, cognitive behavioural therapy) delivered over at least two sessions)

**Individual behavioural counselling**

(a face-to-face encounter between someone who smokes and a counsellor trained in smoking cessation)

**NRT**

(nicotine replacement therapy products are licensed for use as a smoking cessation aid and for harm reduction, as outlined in the British national formulary; they include transdermal patches, gum, inhalation cartridges, sublingual tablets and a nasal spray)

**Pharmacotherapies**

(nicotine replacement therapy, varenicline or bupropion as an aid to help people to quit smoking)

**PSHE**

personal, social, health and economic

**Self-help materials**

(any manual or structured programme, in written or electronic format, that can be used by individuals in a quit attempt without the help of health professionals, counsellors or group support)

**SMEs**

small and medium-sized enterprises

**stop smoking services**

(services commissioned to deliver the interventions recommended in this guidance)

**stop smoking support**

(includes interventions and support to stop smoking regardless of how services are commissioned or set up)

**Telephone counselling and quitlines**

(proactive or reactive advice, encouragement and support over the telephone to anyone who smokes who wants to quit, or who has recently quit)

**text messaging**

(the text messages should be tailored to the person and aim to advise on quitting by giving information about the consequences of smoking and what to expect when trying to quit, encouraging and boosting self-efficacy, motivating and giving reminders of how to deal with difficult situations)

**very brief advice**

(asking about current and past smoking behaviour, providing information on the consequences of smoking and stopping smoking, and advising on options for support and pharmacotherapy, in line with the NCSCT's training standard on very brief advice)

## Your responsibility

### Guidelines

The recommendations in this guideline represent the view of NICE, arrived at after careful consideration of the evidence available. When exercising their judgement, professionals and practitioners are expected to take this guideline fully into account, alongside the individual needs, preferences and values of their patients or the people using their service. It is not mandatory to apply the recommendations, and the guideline does not override the responsibility to make decisions appropriate to the circumstances of the individual, in consultation with them and their families and carers or guardian.

Local commissioners and providers of healthcare have a responsibility to enable the guideline to be applied when individual professionals and people using services wish to use it. They should do so in the context of local and national priorities for funding and developing services, and in light of their duties to have due regard to the need to eliminate unlawful discrimination, to advance equality of opportunity and to reduce health inequalities. Nothing in this guideline should be interpreted in a way that would be inconsistent with complying with those duties.

Commissioners and providers have a responsibility to promote an environmentally sustainable health and care system and should assess and reduce the environmental impact of implementing NICE recommendations wherever possible.

### Technology appraisals

The recommendations in this interactive flowchart represent the view of NICE, arrived at after careful consideration of the evidence available. When exercising their judgement, health professionals are expected to take these recommendations fully into account, alongside the individual needs, preferences and values of their patients. The application of the recommendations in this interactive flowchart is at the discretion of health professionals and their individual patients and do not override the responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient, in consultation with the patient and/or their carer or guardian.

Commissioners and/or providers have a responsibility to provide the funding required to enable the recommendations to be applied when individual health professionals and their patients wish to use it, in accordance with the NHS Constitution. They should do so in light of their duties to

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have due regard to the need to eliminate unlawful discrimination, to advance equality of opportunity and to reduce health inequalities.

Commissioners and providers have a responsibility to promote an environmentally sustainable health and care system and should assess and reduce the environmental impact of implementing NICE recommendations wherever possible.

### **Medical technologies guidance, diagnostics guidance and interventional procedures guidance**

The recommendations in this interactive flowchart represent the view of NICE, arrived at after careful consideration of the evidence available. When exercising their judgement, healthcare professionals are expected to take these recommendations fully into account. However, the interactive flowchart does not override the individual responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient, in consultation with the patient and/or guardian or carer.

Commissioners and/or providers have a responsibility to implement the recommendations, in their local context, in light of their duties to have due regard to the need to eliminate unlawful discrimination, advance equality of opportunity, and foster good relations. Nothing in this interactive flowchart should be interpreted in a way that would be inconsistent with compliance with those duties.

Commissioners and providers have a responsibility to promote an environmentally sustainable health and care system and should assess and reduce the environmental impact of implementing NICE recommendations wherever possible.