



## Service Priorities and Programmes Electronic Presentations

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### **Novel Multidisciplinary Team Approach in Smoking Cessation with Varenicline**

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#### **Introduction**

Smoking cessation is always one of the most important health care services in primary care. While a small proportion of smokers manage to quit smoking on their own, use of nicotine replacement therapy (NRT) and varenicline has been consistently shown to improve quit rate worldwide. In order to make good use of them, a well-designed service program is very much needed.

#### **Objectives**

To achieve a good patient compliance to varenicline treatment and improve the tobacco smoking quit rate, by means of an innovative multidisciplinary team approach.

#### **Methodology**

Our multidisciplinary team is composed of trained nursing counselors, pharmacists and doctors. Suitable candidates who failed NRT are selected to join the special clinic by nursing counselors according to a set of criteria.

In each patient's 1st visit, initial assessment and discussion on smoking cessation strategies is provided by nursing counselors. A video prepared by doctors is also broadcasted to introduce the drug to patients and enhance their motivation. They will then be interviewed by doctors and their fitness assessed. In addition to prescription, patients' motivation is reinforced and problems patients foresee or experienced are discussed.

Lastly, a designated pharmacist will provide professional drug counseling and dispensing to the patients. This part has been introduced since 2015.

For subsequent two 4-weekly visits, our multidisciplinary team continues to offer review, counseling and prescription to the subjects as appropriate. After finishing the

12 weeksâ€™ course, nursing counselors would keep contacting them to support and provide advices on smoking cessation.

### **Result**

From 2011 to 2016, we have served 47 patients in our cluster and the course completion rate was 78.7% (37/47). According to intention-to-treat principle, the 1 year quit rate of patients who have first attended our clinic from 2011 to 2015 was 26.5% (9/34), which was superior to 22% demonstrated in an international meta-analysis of 19 randomized controlled trials.