

# Manual of Smoking Cessation

A guide for counsellors and  
practitioners

Andy McEwen  
Peter Hajek  
Hayden McRobbie  
Robert West

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## About the authors

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# Statements of professional interest

Andy McEwen has received travel funding and honorariums from manufacturers of smoking cessation products. He also receives payment for providing training to smoking cessation specialists and receives royalties from books on smoking cessation. He is a director of the UK National Smoking Cessation Conference (UKNSCC) and the director of the Smoking Cessation Services Research Network (SCSRN).

Peter Hajek undertakes consultancy for and has received fees, research funds and travel expenses from companies developing and manufacturing smoking cessation products. He also receives payment for providing training to smoking cessation specialists. He is a director of Smoking Cessation Training and Research Programme.

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# Foreword

**Gay Sutherland**

Tobacco Research Unit, Institute of Psychiatry

The smoking cessation field has undergone rapid growth over the last few years and there is now an extensive group of health care professionals from many different backgrounds who have become involved in this area. Smoking cessation is an important issue and there is ever increasing pressure to treat more smokers more effectively. New advances in service development and in research into treating smokers are now regularly being reported in addition to the wealth of experience being gained by smoking cessation services and clinicians from around the UK. The *Manual of Smoking Cessation: A guide for counsellors and practitioners* expertly synthesises the evidence base with current good practice to produce detailed advice on how best to help smokers to quit.

The *Manual* conveys essential background information on smoking prevalence and patterns, health risks of smoking, nicotine dependence and the tobacco withdrawal syndrome in a clear and concise manner. What really sets this book apart however is the way that the authors have managed to provide expert, comprehensive but comprehensible guidance for those treating smokers. This clear guidance on what to do and say to smokers wanting to stop is supplemented by the clever use of suggested phrases and frequently asked questions throughout the text. The result is not merely another text book; the *Manual* is exactly what it says in the title, it is *A guide for counsellors and practitioners*.

I am delighted to be able to introduce the *Manual of Smoking Cessation: A guide for counsellors and practitioners*. This is a much needed and

eagerly awaited publication which provides essential knowledge and guidance for those involved in smoking cessation. It is an indispensable guide, both for those working as specialist smoking cessation counsellors and for practitioners who would like to do a little more for their smoking patients.



# Introduction

The *Manual of Smoking Cessation* provides the essential knowledge required if you are involved in helping smokers to stop.

The manual aims to provide facts, figures, suggested interventions and sources of further information to assist you in providing evidence-based treatment for smokers wishing to stop. **This manual covers the core content areas and key learning outcomes** described in the **Standard for training in smoking cessation treatments** published by the Health Development Agency in 2003.

The book is divided into two parts and six chapters:

## Part One: Essential Information

- Chapter 1 ‘Smoking demographics’ looks at the **prevalence and patterns** of smoking and smoking cessation.
- Chapter 2 ‘The health risks of smoking and the benefits of stopping’.

## Part Two: Practical Advice

- Chapter 3 ‘Brief interventions’ gives information to help you assess and record smoking status, **advise smokers to stop** and assess their interest in quitting. This chapter also covers **nicotine dependence, compensatory smoking and onward referral**.
- Chapter 4 ‘Intensive one-to-one support’ gives you the knowledge needed to provide intensive one-to-one behavioural support. It covers **assessing nicotine dependence and motivation to quit**, plus **smoking cessation treatments**, their outcomes and **medications** available to help with stopping smoking.
- Chapter 5 ‘Telephone counselling’.