

## Quarterly E-News for Health Professionals

Quit Tasmania's newsletter aims to provide information and resources to assist health professionals to address smoking and vaping among their patients.



**Welcome** to the winter edition of our newsletter for health professionals. Here we provide an update on the **Vaping Reforms Bill**, our World No Tobacco Day (Friday, 31 May) **Quit Pack promotion**, improvements to the **My QuitBuddy app** and an exciting opportunity for a Tasmanian-based doctor to **join our highly valued Quitline Advisory Group**.

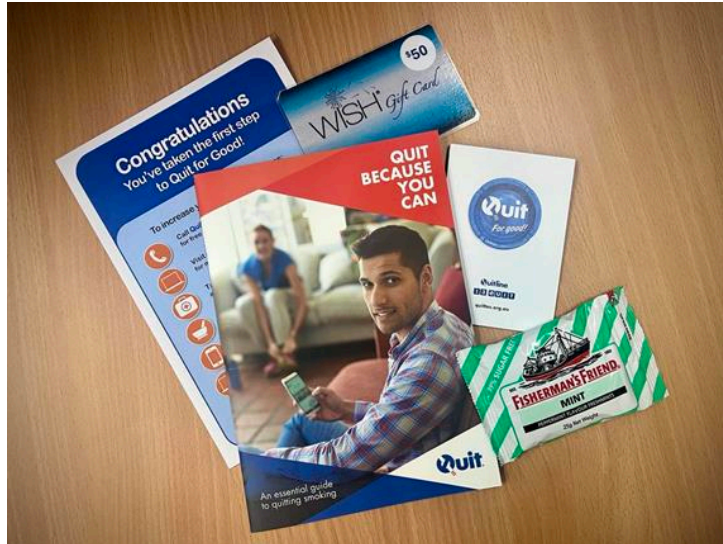
As always, thank you for your support of the Tasmanian Quitline 13 7848. I encourage you to continue to proactively refer your patients who smoke and/or vape to us, so we can support them with evidence-based, multi-session behavioural counselling. Also, a reminder that patients who receive a PBS-subsidised course of nicotine replacement therapy must be undergoing, or about to enter, concurrent counselling for smoking cessation through a 'comprehensive support and counselling program' such as Quitline.

**Abby Smith** BSc/BA(Hons), MSc, PhD Candidate USYD

**Director Quit Tasmania**

**Important update: Vaping Reforms Bill**

A recent Community Affairs Legislation Committee report into the **Vaping Reforms Bill**, a Bill to ban the manufacture, sale and advertising of vapes in Australia, recommends that the Bill be passed. The report is available [here](#). **The Bill is now planned for debate in the Senate in late June 2024.** Quit Tasmania has urged Tasmanian Federal Senators to support the Bill to protect our young people from these harmful products while still allowing access through the prescription pathway.



### **Special Quit Pack promotion for World No Tobacco Day, Friday 31st May**

Having a mint or chewing gum, instead of having a cigarette, can **help your patients get through cravings** when they're giving up smoking and/or vaping.

To celebrate **World No Tobacco Day on Friday 31 May**, from Monday 27th to Friday 31st May everyone who is in contact with **Quitline 13 7848** to request a **Quit Info Pack**, or requests a printed pack via our website, will receive a **free pack of Fisherman's Friends** to help them get through those cravings.

In addition, a number of **\$50 gift cards** will be randomly placed in Quit Packs so your patients could be double winners. Triple winners if they're giving quitting a go - their health and financial wellbeing will both benefit.

The Quit Info Packs have **lots of useful tips, ideas and information** to help people get started on their quitting journey. **Refer your patients** to Quitline 13 7848 [here](#).

## Are you a Tasmanian-based GP? We need your help!

Most GPs across Tasmania would have recently received information and resources from us in the mail, including a 'cost of smoking' calculator. We would really like your feedback to measure the usefulness of the contents.

Please take a minute to complete a very short survey (link below). All responses will be completely anonymous. Thank you!

[Click here to complete the survey \(1-3 mins duration\)](#)



## Join our Tasmanian Quitline Advisory Group: Seeking a passionate doctor!

Are you a dedicated doctor with a strong interest in public health and smoking cessation? Quit Tasmania invites you to join our Quitline Advisory Group (QAG) and make a significant impact on the health and wellbeing of Tasmanians.

The QAG provides expert advice to ensure that the Tasmanian Quitline services are aligned with current evidence-based best practices and national standards, delivering safe and effective support to those seeking to quit smoking and/or vaping.

Join a diverse group of professionals including a senior pharmacist, clinical psychologist, and behavioural and respiratory scientists. The group meets at least twice per year, with meetings held in-person or online.

### How to apply:

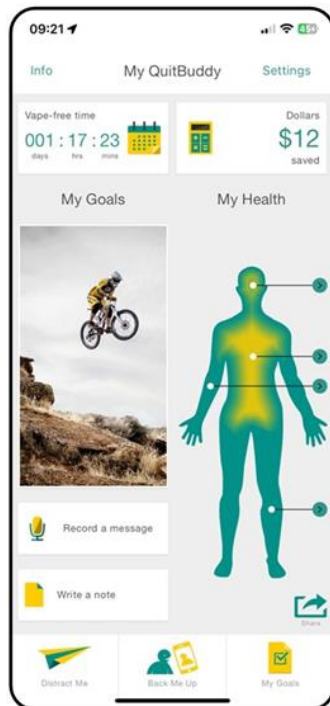
If you are interested, please contact [asmith@cancertas.org.au](mailto:asmith@cancertas.org.au) to express your interest and learn more about this opportunity. **Applications close 30 June 2024.**

## Updated: My QuitBuddy app now includes vaping

Exciting News! My QuitBuddy has undergone an update to include quitting vaping as well as smoking. There will be ongoing updates from mid-2024, including improved quit plans, games and forum features.

Encourage your patients to download the app to help them on their quitting journey.

My QuitBuddy is available for download on both the App Store and Google Play.



My QuitBuddy App

Quitline Tasmania online referral form

For more information on smoking cessation visit our website.

Have any questions? Want to book in a training session? Need resources? Phone 6169 1943 or email Irena: [izieminski@cancertas.org.au](mailto:izieminski@cancertas.org.au)

*We acknowledge the Tasmanian Aboriginal people, the Traditional Custodians of the lands on which we work and live, and pay our respects to Elders past and present.*

Quit Tasmania is a program of Cancer Council Tasmania - supported by the Department of Health



Quit Tasmania  
15 Princes St, Sandy Bay TAS 7005

Thank you for referring your patients to Quitline Tasmania. We hope this information is useful.