

EDUCATIONAL RESOURCES

Smoke-Free Workplaces



Canadian
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Module Tools - Educate

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Here you will find factsheets with useful information and tips to share with employees who want to quit smoking. The following documents are included;

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Ideas and Suggestions for Promoting Quitting Smoking at Work

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- **Post information about the importance of quitting smoking on bulletin boards.** Download information and handouts from the “educate” section of the tobacco free page on the [Healthy Workplaces](#) website.
- **Include information on quitting smoking in short articles** for internal newsletters, staff emails or other internal communication channels.
- **Use email or the company intranet** as a way for staff to share tips and stories on quitting smoking.
- **Connect with QuitNow.** Quit Coaches and anonymous community of smokers can provide strength, motivation and useful information to help you quit smoking and stay smoke-free. They will help you create a personal Quit Plan to support you.
- **Lunch ‘n’ Learn Sessions for staff or managers/HR** – Contact [QuitNow](#) for more information.
- **Display/Information table.** Consider setting up a display or information booth where tobacco cessation information is easily accessible to employees.

Order the following pamphlets from the [Canadian Cancer Society](#) at 1-888-939-3333:

- > One step at a time: help a smoker quit
- > One step at a time: for smokers who want to quit
- > One step at a time: for smokers who don’t want to quit

Download the following resources from [QuitNow](#):

- > Quit Now booklet (available in a variety of languages)
- > Poster
- > Smart steps towards a tobacco free life booklet.

- **Look out for national or provincial theme weeks** and promote them. For example, [National Non Smoking Week](#) is in January and [World No Tobacco Day](#) is May 31.



Preventing Slips and Relapse

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Slips

A slip is when you have a cigarette or two after you have quit smoking. It is not uncommon for people who are trying to quit to have an occasional slip. Because smoking can be so automatic, you may not even be consciously aware that you've smoked until after you've finished.

A slip or two does not mean that you have failed. If you slip, the best thing to do is to keep it minor and go back to quitting as soon as you can. Look at what led up to the slip and figure out how to handle it differently next time. A slip will not prevent you from quitting successfully – you just have to get back on track.

Tips for Preventing Slips

- Reinforce why you want to quit.
- Continue positive self-talk; do not get discouraged.
- Get help and support from friends.
- Ride out the temptation; the urge passes quickly.
- Look at what caused you to smoke and how you plan to get back on track.
- Develop a plan to deal with the situation in the future.

Relapse

A relapse is when you start smoking again on a regular basis. A relapse will not prevent you from quitting successfully. Quitting smoking is a process and most people make more than one quit attempt before they quit for good. Don't feel discouraged. As long as you learn something positive with each quit attempt, you will be further ahead than before you made the attempt. Relapse only becomes a negative thing if you let it get you down.

How to Overcome Relapses

- Do not beat yourself up.
- Think of the relapse as a learning experience and one more step in your journey to becoming smoke-free.
- Be proud of the time you were smoke-free.
- Start planning a new quit attempt right away, including developing a plan to prevent relapse.



Plan to Prevent Slips and Relapse

The key to staying smoke-free is to be aware of the people, places, situations, thoughts, and emotions that trigger you to smoke. Then plan ahead what you will do to cope with each trigger. You may have to keep thinking about your triggers for a long time after you quit because some situations, especially unexpected ones such as crises, can catch you by surprise. If you figure out ahead of time how you will deal with difficult situations, you are more likely to stay quit.

This is How it Works

- Identify your high-risk situations.
- Identify ways you could cope with each trigger situation and write it down. Keep this as a written action plan. Try to think of a three-way strategy for each situation:
 1. What will you tell yourself? It helps to have this written on a small card that you carry with you.
 2. Who will you ask for help and what type of help can you ask for?
 3. What will you do?
- Rehearse each situation ahead of time so it doesn't feel awkward. Rehearsing puts your coping plan in the front of your mind.
- Review the plan often to keep it fresh in your mind.
- When you find yourself in the trigger situations, put your plan into action.
- Write down what happened and how you did with a daily record form. If you resist the urge to smoke using your plan, your confidence will go up and you will know what strategies work for you. If you can't resist the urge to smoke, review what happened and revise your plan to deal with the difficulties.

Source: Adapted from materials from [Health Canada](#) and the Canadian Cancer Society's Quit Smoking Guide: [One Step at a Time](#)



Nicotine Replacement Therapy

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Many smokers may require assistance with nicotine withdrawal. Nicotine replacement therapy (NRT) works by reducing the withdrawal symptoms and cravings the body experiences as it withdraws from the nicotine supplied by tobacco. NRT has the most success if coupled with behavioural counselling. The following is some brief information on these products to help you decide if they are an option for you. Before using NRT, check with your doctor if you take prescription medicine for depression, asthma or thyroid conditions; your prescription dose may need to be adjusted.

Support in BC for Quitting Smoking

- The [BC Smoking Cessation Program](#) helps British Columbians stop smoking by assisting them with the cost of medications such as prescription smoking cessation drugs or nicotine replacement therapy (NRT) products like nicotine gum or patches.
- [QuitNow](#) offers a variety of counselling services by phone, online and via text messaging. QuitNow is a FREE smoking cessation helpline available around the clock for all residents of BC. Trained CareCoaches® will help you develop a quit plan, deal with cravings, and provide on-going support throughout your quit process. QuitNow provides translation services in 130 languages, as well as TTY service for the deaf and hearing impaired.

Nicotine Patch

- Easiest to use of the available NRT.
- Useful for heavier smokers who need constant nicotine.
- Provides continuous delivery of nicotine into your bloodstream through the skin. The nicotine in the patch takes up to three hours to take effect.
- Remove at night for pregnant and lactating women.

Possible Adverse Effects:

- May cause insomnia (if develops, remove patch at night and reapply in the morning).
- Skin rash (ensure sites of use are rotated daily).



Nicotine Gum

- Good for occasional smokers who just want to manage occasional cravings.
- Useful to use with the patch when needed (if no dental chewing concerns).
- It is not like normal gum. You must use correct technique to be effective – bite, park method described on the product instructions.
- Nicotine gum slowly releases nicotine into the mouth. With this method, nicotine reaches your brain faster than with the patch.
- Can be used to reduce-to-quit, replacing cigarettes with gum.
- One piece per hour is common for a pack a day smoker.
- Maximum dose is 20 pieces of gum per day.
- Avoid coffee, tea, soft drinks or citrus juices while chewing the gum. These reduce nicotine absorption.

Possible Adverse Effects:

- Can cause jaw pain (if develops, review correct technique).
- Stomach discomfort, heartburn, nausea, hiccups, oral discomfort.

Nicotine Lozenge

- Useful to use with the patch when needed.
- Useful if you have dentures or are missing teeth.
- It may be a good choice for those who don't want a steady dosage of nicotine all the time, but who would like support to deal with cravings.
- The lozenge comes in the form of a hard candy, and releases nicotine as it slowly dissolves in the mouth. Like nicotine gum, the nicotine lozenge delivers nicotine to the brain quicker than the patch.
- Can be used to reduce-to-quit, replacing cigarettes with lozenge.
- You should not bite, swallow or chew the lozenge.
- Maximum dose is 15 lozenges per day.
- Take care not to eat or drink 15 minutes before using the lozenge or while it is in your mouth.
- Lozenges contain phenylalanine. Advise your doctor if you have phenylketonuria.



Possible Adverse Effects:

- Some lozenge users experience soreness in the gums and teeth, irritated throat tissue, hiccups and heartburn/indigestion.

Nicotine Inhaler

- A plastic cigarette shaped cartridge containing nicotine.
- Delivers a steady dose of nicotine in the body which reduces nicotine cravings and is the fastest NRT way of receiving nicotine.
- Mimics the use of a cigarette.
- One cartridge delivers 4mg nicotine and can replace four cigarettes.

Possible Adverse Effects:

- Irritation of the mouth lining, runny nose, upset stomach

Stop Smoking Medications

Another aide for people who wish to stop smoking is stop smoking medications. These medications do not contain nicotine but work on the brain in various ways to curb withdrawal symptoms and cravings. Please discuss your medical history with your physician to determine which of these medications is best suited to your needs.

Source: Adapted with permission from Fraser Health [Nicotine Replacement Therapy](#); [Canadian Cancer Society](#)

