



#Quit for COVID



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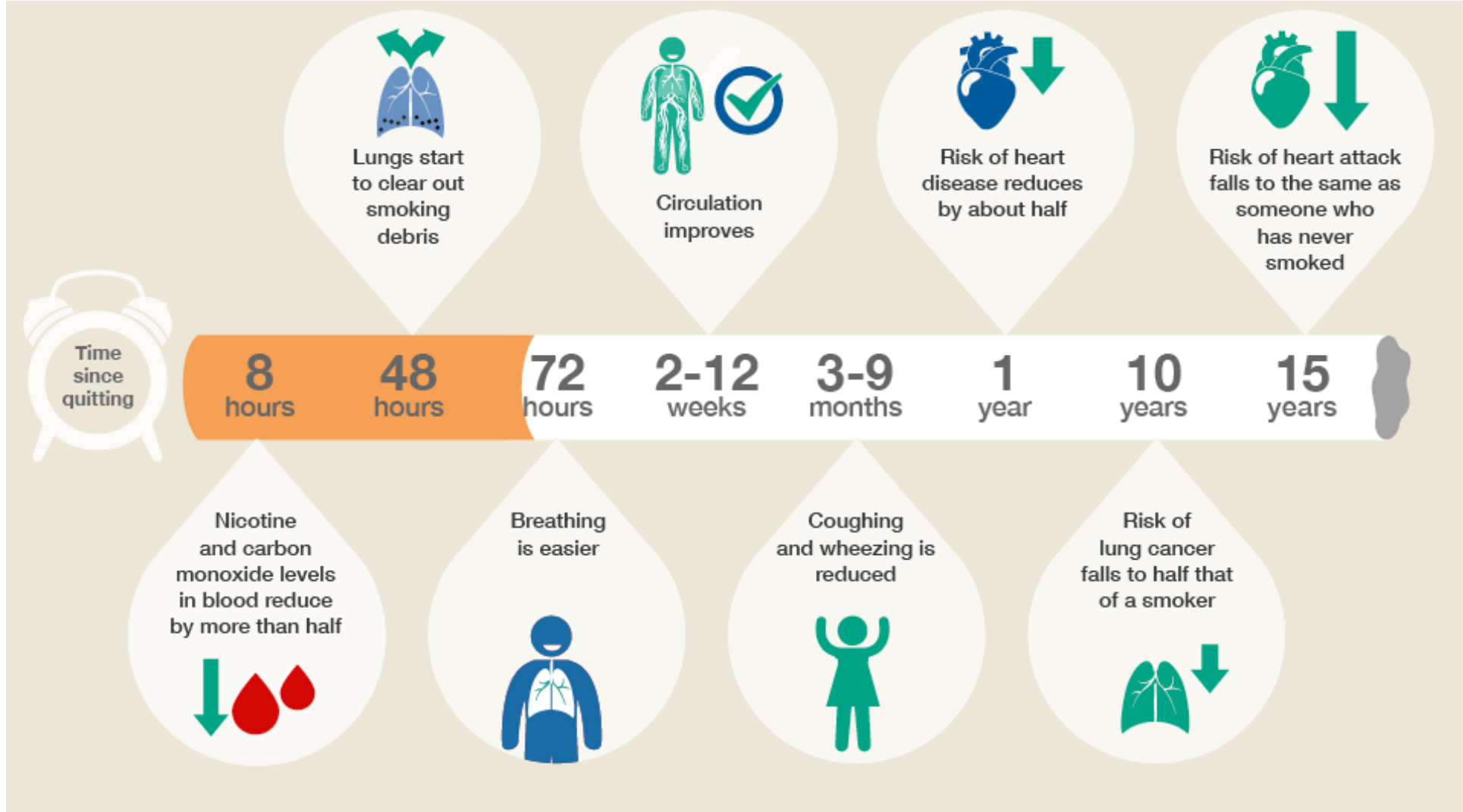
**IN ENGLAND.....
SMOKING KILLS ~200
PEOPLE EVERY DAY**

Every day of continued
smoking costs an average of
4-6 hours of life expectancy

Why Quit Now?

- Quitting smoking as soon as possible and for good, is more important than ever before in order to reduce the risk of coronavirus (COVID-19) complications
- Data from China shows that smokers with infections have a higher risk of COVID-19 complications than non-smokers
- It's vital we give sick smokers in hospital support to quit rather than facilitate them to smoke – as this will increase their risk

What are the benefits of quitting? How quickly does the body recover?



What about tobacco withdrawal?

Withdrawal symptoms	Average duration
Dizziness, light headed	< 2 days
Sleep disturbance	< 2 weeks
Irritability, restlessness	< 4 weeks
Difficulty concentrating	< 4 weeks
Depressed mood	< 4 weeks
Constipation	< 4 weeks
Mouth ulcers	< 4 weeks
Urge to smoke	> 10 weeks
Increased appetite / weight gain	> 10 weeks

Prompt and plentiful NRT can ensure comfort and avoid confusion with common mental health symptoms. Nurses can give NRT as a Homely Remedy for up to 24hrs

Tobacco, NOT nicotine is responsible for most of the adverse effects of smoking

Nicotine Replacement Therapy (NRT)

NRT is more effective if you use **two types together** – e.g. patch + gum or patch + inhalator.

Nicotine absorbed through the cheeks and lips/skin/nasal passage takes longer to reach the brain than nicotine from a cigarette.



Nicotine patches deliver a regular dose of nicotine over 16 or 24 hours.

More effective if combined with an oral product



Lozenges and **chewing gum** release nicotine that is absorbed through the cheeks. Start with one lozenge/piece of gum every hour. Use up to 15 pieces a day



Inhalers are popular with smokers who miss the physical action of smoking. Use up to 6 cartridges a day.



Nasal and mouth sprays deliver nicotine quicker than other NRT products. Use up to 64 sprays a day (1-2 sprays an hour)



Micro Tablets that dissolve under your tongue can be more discreet than lozenges. Start with one to two tablets per hour up to a maximum of 40 per day.

What about e-cigarettes / vaping?

- E-cigarettes are now the most popular way of quitting in England and can help people with mental health conditions stop smoking
- E-cigarettes do not contain tobacco and are not burnt, they do not result in the inhalation of tobacco smoke that contains about 4000 constituents, of which 69 are known to cause cancer.
- The Royal College of Physicians and Public Health England believe that the hazard to health arising from e-cigarettes is unlikely to exceed 5% of the harm from smoking tobacco.
- E-cigarettes are not recommended for use by pregnant women
- It is illegal to buy an e-cigarette if you are <18 years.

What's in E-liquid?

- Propylene glycol and/or
- Vegetable glycerol
- Nicotine
- Flavourings in most
- Impurities and potential toxicants but at levels much lower than in cigarette smoke (around 95% less than tobacco smoke)

- Since May 2016 – the UK set minimum standards for the safety and quality of all nicotine containing e-cigarettes and e-liquids (e.g. a cap on nicotine strength)
- E-cig manufacturers have to provide the Medicines & Healthcare products Regulatory Agency (MHRA) a list of all ingredients in the e-liquid and vapour.



Advice to Vapers

- Buy NICOTINE e-cigarette products from reputable sources (specialist vape shops, supermarkets)
- Don't use vapes containing THC (cannabis) oil; this is illegal in UK
- Don't mix your own liquids
- If you already vape, keep going don't stop vaping and switch back to smoking
- Don't share your e-cigarette with others as this will reduce the risk of spreading infection

Summary

#QuitforCovid

The best thing a smoker can do is quit completely as soon as possible and for good

Free help and support is available

NRT products are effective in managing tobacco withdrawal

E-cigarettes are the most popular way of quitting

Smokers who quit will be able to notice improvements to their lung and heart health within 72 hours

Quitting reduces the risk of COVID-19 complications

[More info and resources:](https://smokefreeaction.org.uk/smokefree-nhs/smoking-and-mental-health/mhspresources/)

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