

## CUT DOWN TO STOP PROGRAMME

### 2 Stage Pathway of quitting - Providing a maximum 12 week programme

- 4 week reduction plan with 1 fast acting NRT product or vape  
Followed with
- 8 weeks abrupt quit (patch can be offered as a second product from this stage)
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- Agree quit date at commencement of programme **On Template 1** (4 weeks ahead)
- Weekly review reduction goals during 4 weeks cut down to stop (CDTS), log progress in notes on **Template 2** assess readiness to quit ahead of planned quit date.
- Weekly review “not a puff” during 4 weeks from quit date **On Template 2**
- Log successful 4 week quit **On Template 3**
- Follow on with weekly or fortnightly support **On Template 2** Introduce weaning off during final 2-3 weeks of programme.

Cut down to stop (CDTS pre-registration programme agreement explained, read & signed  
(use hard copy document for printing)

1<sup>st</sup> session - **Template 1**. Registration and supply, set quit date and discuss reduction plan (max 4 weeks)

Client does not return – attempt to make contact x 3 within 1 week

a. no response – proceed to **Template 3**. Apply lost to follow up.

b. does not want to continue – proceed to **Template 3**, Apply not to quit

c. wants to continue – proceed to **Template 2**, provide session and supply (must be within a week of missed appointment)

2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> weeks **Template 2**. Session and supply  
Check progress weekly, discuss and agree number of cigarettes for week ahead

5TH WEEK (5th, 6th, 7th weeks) **Template 2**. Session and supply continues with “not a puff” from hereon. Proceed as you would with abrupt quit programme

Apply quit status on **Template 3** at 4 weeks from quit date. Remaining weeks on **Template 2**

All outcomes **MUST** be submitted on **Template 3**. Within 6 weeks of setting a quit date

FOR A QUITTER – apply as soon as 4 weeks smoke free is achieved (Template 3)

FOR A LOST TO FOLLOW UP – apply no more than 4 weeks from DNA (Template 3)

FOR A NOT QUIT – apply no more than 4 weeks from quit date (Template 3)

Criteria to remain on the 12 week programme

- Show a level of reduction progress during CDTS
- Be prepared to quit on agreed quit date
- If smoking continues at 4 weeks from quit date, stop the programme. Discuss retrying when ready. Remember to apply smoking status on Template 3.