**Title**

Update on smoking cessation guidelines - what’s new and what is controversial?

**Author and affiliations**

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**Background**

Smoking remains a significant public health problem. High prevalence groups include Indigenous Australians and people with mental health problems. Smoking in pregnancy has adverse effects on both the mother and developing foetus. Smoking cessation is an area that engages a range of health professionals and is delivered in different parts of the health system. Utilisation of smoking cessation guidelines in general practice is variable despite the wide promotion of the 5A’s framework. Part of the variable engagement is the level of time, knowledge and skills needed to assist smokers with chronic tobacco dependency or specials needs and guideline recommendations that are difficult to deliver in practice. There is a need for guideline recommendations that assist the different sectors involved in smoking cessation delivery and address diversity of populations that require smoking cessation advice.

**Aims**

This workshop will provide an update on smoking cessation guidelines, with a focus on what’s new and what is controversial. It will provide some more in-depth guidance in smoking cessation tailored to the GP setting in the challenging areas of mental health and pregnancy.

**Method**

The latest guideline update is led by a multidisciplinary Expert Advisory Group including GPs, nursing, pharmacy, addiction medicine, mental health and public health experts. The guideline uses the GRADE approach to rating evidence and recommendations.

The interactive workshop will use casse studies to focus on what’s new and what is controversial.

Topics to be covered will include:

* Mental health; including changing attitudes to tobacco use in people with long term mental illness and options for comprehensive treatment
* Pregnancy: including both non-pharmacological and pharmacological interventions

**Results/ Conclusion**

Workshop attendees will gain a deeper understanding of best practice in smoking cessation as well as a more comprehensive insight into the various controversies surrounding reducing and ultimately eliminating tobacco use.