



Welcome to the autumn 2026 edition of Quit Centre Quarterly.

In this issue, we introduce our new *Quit Insights Clinical Series* podcasts, explore international research on training in smoking cessation for health professionals, and share the latest evidence on smoking cessation in chronic kidney disease. We also highlight updated training opportunities and refreshed factsheets, plus upcoming events where you can connect with the Quit Centre team.

Jennifer Kyi
Pharmacist Lead, Quit Centre.

Latest News & Research



New Quit Insights Clinical Series podcasts

We have launched our Quit Insights Clinical Series podcasts, with six episodes across May-June featuring expert guest speakers sharing their experience on current topics around smoking and vaping cessation. Listen to discussions on emerging issues, best practice, case studies and new resources, all tailored for health professionals. Tune in through the Quit Centre website and all major podcast channels.

[Listen now in Latest News & Research](#)

quit.org.au new website

The quit.org.au website is a new national advanced cessation platform supporting people who smoke and/or vape. Health professionals can encourage patients and their family and community members to visit the site for free information, resources, and support services.

The platform has personalised tools, plans and options that complement clinical advice to help patients understand the benefits of quitting and support them to make and maintain a quit attempt.

[Read more in Latest News & Research](#)

Training health professionals in smoking cessation

A recent US study found those who smoke or previously smoked face higher rehospitalisation risk. Prescription of cessation medications reduces this risk, however prescribing rates were low, highlighting a gap in care. A 2026 Cochrane review showed training healthcare professionals boosts quit rates by 34%. Together, these findings emphasise the need for clinicians to be well trained to provide strong and consistent cessation support.

[Read more in Latest News & Research](#)

Smoking cessation in chronic kidney disease

The RACP Internal Medicine Journal has released new practical, evidence-based recommendations for managing chronic kidney disease (CKD), which affects around 10% of Australians. Smoking cessation is addressed and highlighted as a key priority, with evidence showing it reduces chronic kidney disease progression. Nicotine replacement therapy and other pharmacotherapies are generally recommended to support quitting in patients with CKD.

[Read more in Latest News & Research](#)

Updated factsheets

These factsheets have been updated with new information and a fresh design:

- **Smoking and cancer outcome**
- **Smoking and chronic respiratory diseases**

[Read more in Clinical Tools & Guidelines](#)

ACNP endorsement on updated nursing module

Our Primary Health Care Nursing module, **Smoking cessation brief advice training for Primary Health Care Nurses** has been revamped and updated. It also has recently received endorsement from The Australian College of Nurse Practitioners (ACNP) as a CPD activity.

[Visit Online Training to enrol](#)

Updated health professionals module on vapes

We have refreshed our online module: **Vapes: Considerations for Health Professionals** with updated content including statistics, medications, and TGA information, alongside guidance on the prescribing pathway for therapeutic vapes.

[Visit Online Training to enrol](#)

Updated pharmacist modules

Following the update of Pharmaceutical Society of Australia's (PSA) *Professional practice guidelines for pharmacists: Nicotine dependence support* in December 2025, and user testing, we have updated our online training modules in collaboration with PSA:

- **Module: Management options for smoking or vaping cessation**
- **Module: Pharmacists delivering nicotine dependence treatment under vaping reforms.**

[Visit Online Training to enrol](#)

Upcoming events

Meet the Quit Centre team at upcoming conferences:

CPC26 (Consultant Pharmacist Conference) on the Gold Coast from 29-31 May 2026. We will be showcasing our latest resources and training to support pharmacists on smoking and vaping cessation for their patients.

Festival of Nursing 2026 in Melbourne from 30 Jul-1 Aug 2026. See our spotlight presentation on how primary health care nurses can support their patients who smoke and/or vape to quit.

[Read more in Events](#)