

Welcome to the winter 2025 edition of Quit Centre Quarterly.

Autumn was a busy season for Quit Centre and the team were excited to connect with some of you at recent pharmacist and GP conferences, and hear your feedback, suggestions and ideas.

The National Lung Cancer Screening Program (NLCSP) is commencing soon and you can find more information in this newsletter and on the website. This program presents an exceptional opportunity for health professionals to Ask, Advise and Help their patients with smoking cessation.

There has been a lot of interest in vaping cessation, and we invite you to explore our updated online training modules, **Vapes: Considerations for Health Professionals** for GPs and primary health care nurses, and **Management options for smoking or vaping cessation** for pharmacists.

We look forward to supporting you in the months ahead.  
Cora Mayer  
GP Lead, Quit Centre.

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## The National Lung Cancer Screening Program is coming soon

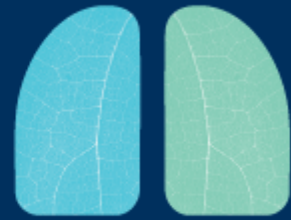
Health professionals, including GPs and primary health care nurses, will play a central and critical role in the National Lung Cancer Screening Program (NLCSP). Large international randomised trials have shown at least a 20% reduction in deaths from lung cancer when participants are screened using low-dose CT scans, and that up to 70% of lung cancers are detected at early stages.

This is an important opportunity to discuss tobacco smoking – the biggest risk factor for lung cancer.

[Read More](#)

# NATIONAL LUNG CANCER SCREENING PROGRAM

From July 2025



Find out more and get ready: [health.gov.au/nlcsp-hcp-toolkit](https://health.gov.au/nlcsp-hcp-toolkit)

## Latest News & Research

### The vital role of primary health care nurses in smoking cessation

Primary health care nurses can have a pivotal role in their patient's health by assisting them to stop smoking. Cessation is one of the best things a patient can do for their health, leading to immediate and longer-term health benefits. By having a simple conversation framed by the *Ask, Advise, Help (AAH)* model of brief advice for smoking cessation and partnering with Quitline, nurses can maximise their patient's likelihood of quitting and start them on their quitting journey.

[Read more](#)

### New TSANZ guidance on vaping

The Thoracic Society of Australia and New Zealand (TSANZ) has recently launched its new *Guidance for the Management of Electronic Cigarette Use*.

Published in *Respirology*, the practical and evidence-informed guidance is designed to equip health professionals with strategies to prevent vaping initiation and support individuals who are trying to quit. It includes clinical scenarios that cover common and important situations.

[Read more](#)

### Quitline can support your patients to quit throughout their pregnancy

Health professionals should advise and help all women who smoke to quit before, during and after pregnancy to protect the mother's and baby's health. Non-pharmacological interventions for smoking cessation (e.g. Quitline) are recommended as first-line in pregnancy and Quitline counsellors are trained in supporting pregnant

### Tobacco in Australia – a comprehensive resource for health professionals

Health professionals who are looking for credible smoking and vaping information in Australia can find a comprehensive review of research at *Tobacco in Australia* compiled by the Tobacco in Australia: Facts and Issues team based at Cancer Council Victoria. This resource has been produced with the objective of reducing the harms caused by smoking. The *Tobacco in Australia* website offers

women. Partner with Quitline to provide your patients with the best smoking cessation support throughout pregnancy.

[Read more](#)

detailed chapters on various aspects of tobacco control, including health effects and cessation.

[Read more](#)



## Infographics

These useful infographics have been developed as a quick reference for health professionals:

- *How Quitline helps patients to quit smoking and/or vaping*
- *How health professionals can help patients to quit smoking.*

[Download Now](#)

## Events

Upcoming conferences:

- Nurses - come and meet the Quit Centre team at the APNA Festival of Nursing in Brisbane from 24 to 26 July.
- Pharmacists - the team will also be at PSA25 in Sydney from 1 to 3 August. Drop by the Quit Centre booth and see our latest resources.

[Read More in Events](#)

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## Online Training

Now updated - GP training module *Smoking cessation brief advice training for general practitioners*. Designed to support smoking cessation care in general practice, it equips general practitioners with the skills, confidence and knowledge to provide smoking cessation brief advice to patients who smoke. Approved RACGP CPD activity (1.5 hours) and ACRRM CPD accredited activity (1.5 hours).

A new online training module *Management options for smoking or vaping cessation*, developed in partnership with PSA, supports pharmacists in enhancing their expertise in managing nicotine dependence, gaining practical skills to assess nicotine withdrawal, recommend evidence-based treatment options, and develop effective cessation plans. Accredited by the Australian Pharmacy Council for 1 hour of Group 1 CPD, which can be converted to 1 hour of Group 2 CPD on successful completion of relevant assessment activities.

[Read More in Online Training](#)

### Contact Us

For general enquiries please email [contact@quitcentre.org.au](mailto:contact@quitcentre.org.au).



The National Best Practice Support Service for Nicotine and Smoking Cessation is supported by funding from the Australian Government Department of Health, Disability and Ageing.

Cancer Council Victoria acknowledges the traditional custodians of the lands on which we live and work. We pay our respect to Elders past, present, and emerging, and extend that respect to all Aboriginal and Torres Strait Islander people.

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