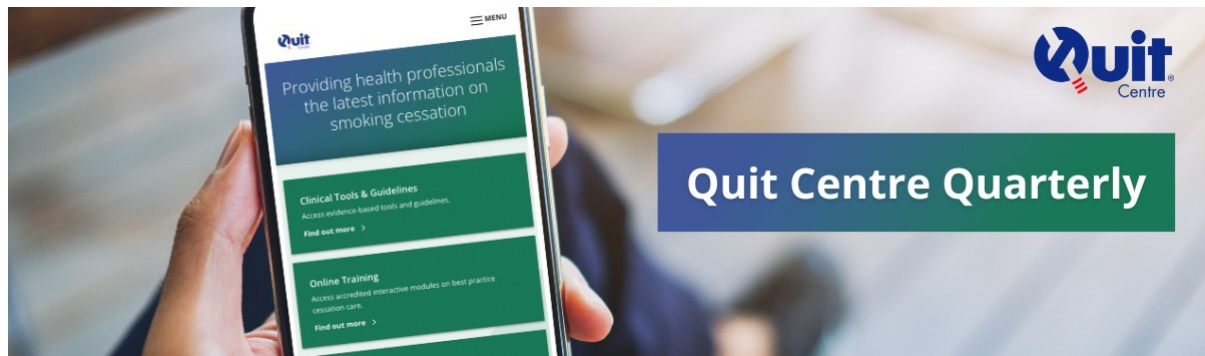




Dear Health Professionals,

Welcome to the Spring 2025 edition of Quit Centre Quarterly.

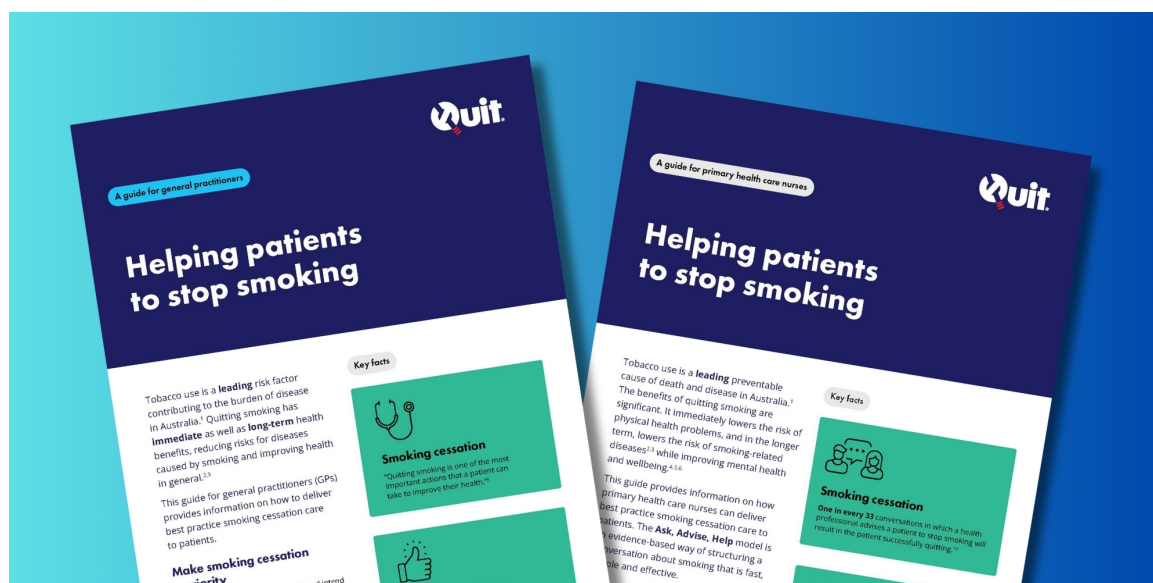
As the weather warms up and flowers are blooming, spring can be problematic for people who experience seasonal asthma. Now is the ideal time to support your patients with asthma to quit – and recent research highlights that patients value their GP asking about smoking and providing advice to quit.

Read more about the first nicotine replacement therapy approved by the Therapeutic Goods Administration for the treatment of nicotine vaping dependence, and about the strengthened standards for therapeutic vaping goods.

Let us know how we can best support you with information on smoking and vaping cessation.

Sacha Filia

Cessation Advisor, Quit Centre.



New guides for GPs and nurses

Helping patients to stop smoking

Two new guides have been recently launched on helping patients to stop smoking. Available for GPs and primary health care nurses, these guides outline the steps and options to support patients in successfully quitting.

Read more in Clinical Tools & Guidelines

Updated GP training module

Smoking Cessation Brief Advice Training for General Practitioners

Updated in June 2025, this free training module supports 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. The module is an RACGP CPD approved activity and ACRRM CPD accredited activity.

[Read more in Online Training](#)

Events

Webinar recording - Supporting patients on the nicotine cessation journey

Watch the recording of this recent Pharmaceutical Society of Australia (PSA) webinar, which offered practical advice, tools, and examples to help pharmacists manage product changes, communicate clearly with patients, and work effectively with support organisations such as Quitline.

[Read more in Events](#)

Latest News & Research

Nicotine replacement therapy aid for the treatment of nicotine vaping dependence

A faster-acting nicotine replacement therapy (NRT) product (mouth spray) has been approved by the Therapeutic Goods Administration (TGA) as an aid for the treatment of tobacco and nicotine vaping dependence by relieving nicotine withdrawal symptoms, thereby facilitating cessation in people who smoke and people who vape, who are motivated to quit. It may also be used as part of a reduction strategy as a step towards stopping completely.

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

Impact of advice to quit smoking on rating of care

Recent research from Monash and Deakin Universities examined the impact of smoking cessation advice on patient experience of care.

The nationwide survey of adults who visited their GP in the past year assessed whether frequency of advice to quit smoking impacts patient rating of care. Asking about smoking and providing advice to quit smoking was associated with higher ratings of quality of care, as long as the advice was provided in a way that motivates and avoids stigmatising patients.

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

Smoking and vaping cessation in patients with seasonal asthma

For patients with seasonal asthma, smoking and vaping cessation is important. Smoking can worsen respiratory health and trigger symptoms. It is associated with poorer asthma control, reduced lung function, and increased hospitalisations. Vaping may cause airway inflammation and may increase the risk of asthma. Helping patients with asthma to quit may reduce asthma exacerbations.

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

Strengthened standards for therapeutic vaping goods

As part of the rollout of vaping reforms, from July the Therapeutic Goods Administration has implemented strengthened standards for all therapeutic vaping goods for smoking cessation and nicotine dependence. Stricter requirements for ingredients, packaging and labelling are included. These stronger safety and quality standards are designed to mitigate certain risks associated with the use of therapeutic vapes.

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



Guidance on supplying therapeutic vapes in pharmacies

The Therapeutic Goods Administration (TGA) has published regulatory guidance for pharmacies supplying therapeutic vapes. While no new regulatory requirements have been introduced, this guidance outlines pharmacists' regulatory responsibilities when supplying therapeutic vapes to support patients in quitting smoking or managing nicotine dependence.

Pharmacists must ensure they only supply vaping products that are included in the TGA notified list and that all relevant Commonwealth, state, and territory regulatory requirements are met.

[Read more](#)

Contact Us

For general enquiries please email 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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