



Dear Paulette,

Welcome to the summer 2026 edition of Quit Centre Quarterly.

As we begin a new year it's a timely reminder to start thinking about continuing professional development (CPD). Our GP online training activities have recently been expanded after your valuable feedback at various consultations.

The latest National Child Health Poll from The Royal Children's Hospital (RCH) revealed that one in four children had ever tried a nicotine product, with vapes being the most commonly used nicotine products. Health professionals play a key role in identifying and supporting young patients who may be using nicotine products and can access supportive clinical tools and guidelines through the Quit Centre website.

And while you are visiting Quit Centre, see our newly updated resources.

Stacey Ridley
Nurse Advisor, Quit Centre.

Latest News & Research

New CPD activities for GPs

Thanks to your insightful feedback, we have enhanced our three GP online training modules with Reviewing Performance (RP) and Measuring Outcomes (MO) activities to assist with CPD requirements. These can be completed after the existing Educational Activity (EA), providing opportunities for reflection, consolidating your learning and using the information in your practice.

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

Updated PSA guidelines

The Pharmaceutical Society of Australia (PSA) has recently updated their guidelines (December 2025) for pharmacists supporting smoking and vaping cessation. 'Professional practice guidelines for pharmacists: Nicotine dependence support' outline pharmacists' professional responsibilities, including managing nicotine dependence, professional obligations, and the use of behavioural interventions such as Quitline.

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



Supporting young patients to quit

The latest National Child Health Poll from RCH surveyed Australian parents and children 12-17 years about nicotine products. Results revealed that one in eight children had recently used a nicotine product and almost three quarters using nicotine products experienced dependence. Both children and parents said they would seek cessation support from a doctor. General practitioners (GPs) are key to identifying and supporting young patients using nicotine products.

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

Yarning Nicotine Replacement Therapy resource

Our **Yarning Nicotine Replacement Therapy (NRT)** resource has recently been updated to ensure it reflects the latest clinical information. It has been designed in collaboration with PSA to support pharmacists working with Aboriginal and Torres Strait Islander people who smoke, and includes suggested ways of yarning, and guidance on safe and effective NRT use.

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

Women's and Children's Health Update

Meet the Quit Centre clinical team at the Healthed Women's and Children's Health Update in Melbourne on 21 March 2026. We will be showcasing our latest resources and training to support health professionals address smoking and vaping cessation with their patients.

[Read more in Events](#)

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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