



The Royal College of  
**Chiropractors**

PUBLIC HEALTH SOCIETY

# Focus on Public Health:

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# Smoking



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# Focus on Public Health: Smoking

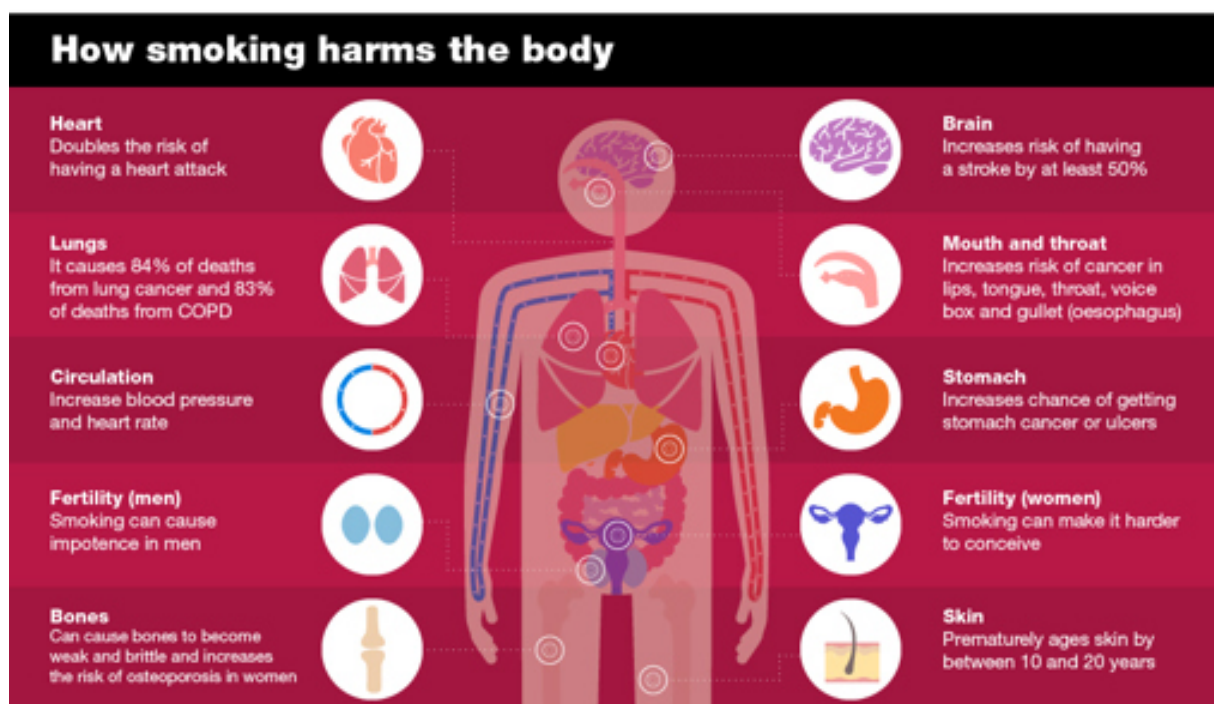
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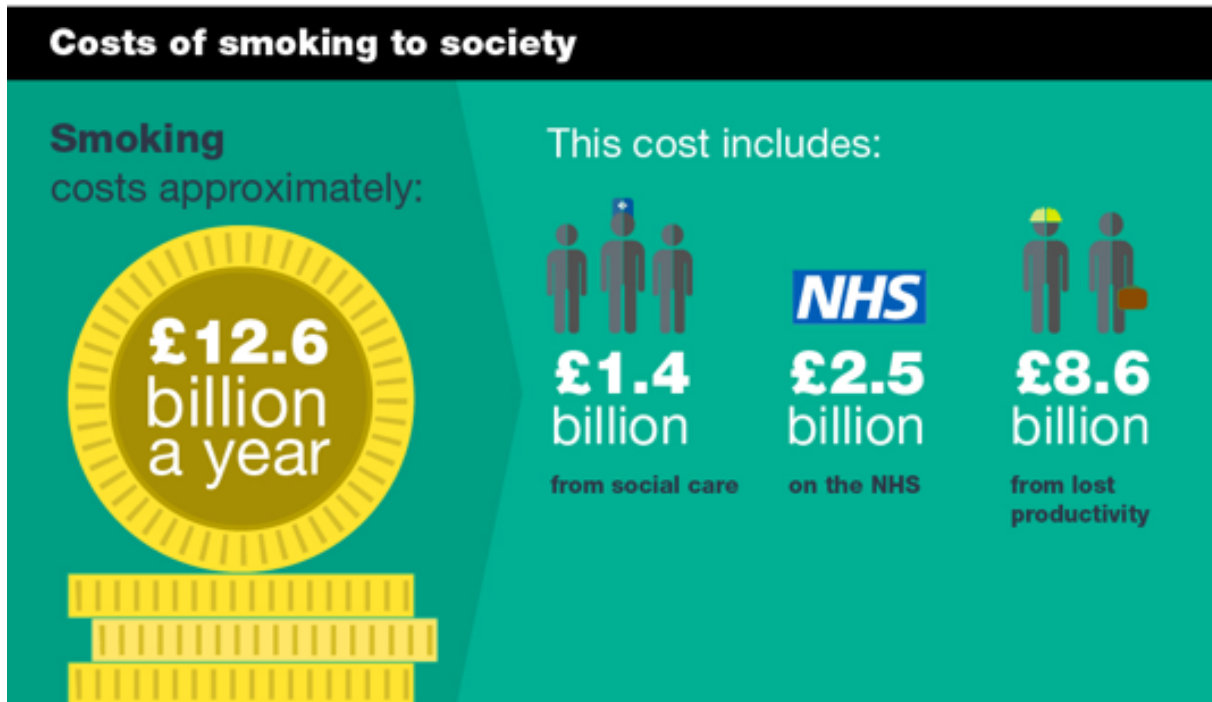
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# A background to Smoking

Smoking is the biggest cause of preventable deaths in England, accounting for nearly 80,000 deaths each year. One in two smokers will die from a smoking-related disease.



Source



[Source](#)

## Smoking has a huge cost to society.

There is a proven link between smoking and MSK health with cigarette smoking having deleterious effects on the musculo-skeletal system.

- It results in a loss of bone mineral content and increases incidence of fractures.
- There is an established link between smoking and back pain.
- There is evidence that smokers have a poorer therapeutic response to treatment for MSK complaints.

Despite a continued decline in smoking prevalence,

**14.4%** of adults in England still smoke – over 6 million people.

(2018 data)

Around 3 out of 5 smokers say they want to quit, with 1 out of 5 intending to do so within 3 months. Prompts by healthcare professionals are the second most common reason for someone making a quit attempt.

Currently, around **half of all smokers** in England try to **quit unaided** using willpower alone, despite this being the least effective method. **Getting support** can greatly increase a person's chances of **quitting successfully**.

# Do Chiropractors address Smoking with their patients?

**Most Chiropractors collect information about smoking status.**

Most Chiropractors collect information about smoking status. Results from a survey carried out by the RCC Public Health Society showed 86% of respondents always collected information about patients smoking status, with 13% sometimes doing so and only 1% never collecting this information.

***86% of respondents always collected information about patients smoking status.***

Despite the vast majority of Chiropractors asking about this behaviour not as many felt confident in how to change it. From the Public Health Society survey 35% try to change the behaviour and feel confident doing so, with 29% doing so but who would like further training. This leaves 36% of Chiropractors not addressing smoking with patients, however 18% of these would do so with further training.

This is a topic that can be hard to

approach with patients and Chiropractors may find it hard to do so - or may feel it is not within their skill set.

The role of a Chiropractor in addressing smoking is not necessarily to provide the stop smoking cessation counselling but to identify patients who do smoke and assist them in accessing the support they may require to quit.

Patients will not present to a Chiropractor to try and get assistance to stop smoking, however many of our patients will be smokers and as health care professionals Chiropractors can play a part in helping a patient to become smoke free.

Smoking is one of the core elements of MECC. Making Every Contact Count (MECC) is an approach to behaviour change that utilises the millions of day-to-day interactions that organisations and people have with other people to support them in making positive changes to their physical and mental health and wellbeing.

# Basic guidance on how Chiropractors can help now

Chiropractors can address this by using the 3A's model (Ask, Advise, Act).

## Ask

Ask a patient about their smoking status, are they a smoker, ex-smoker or someone who has never smoked. Ask about E-cigarette use and if so is this used as an aid to stop smoking. Bear in mind that someone who has quit within the past 3 years has a high chance (70%) of starting again and so it may be worth revisiting how they are getting on during future re-assessments.

*The 3A model will only take up minimal time during a consultation.*

## Advise

Chiropractors can give **advice** on the different options available to patients and that they are most likely to be successful with support. The different options include nicotine replacement therapy, electronic

cigarettes, prescribed medications and behavioural support.

## Act

Act on any expression of interest in quitting by assisting the patient through signposting them to online resources or to local stop smoking services.

*When having a discussion about the relationship to health and the negative consequences of smoking it is important this is approached in the right way and non-judgementally. (In the spirit of motivational interviewing.) Try not to blame the patient or be critical of them and resist the temptation to tell them they should quit.*

If the patient is aged 40-74 without pre-existing conditions and hasn't had a health check in the last 5 years consider signposting to GP/ Local authority health check service.

# Education resources & Guidance for chiropractors

## Free resources

### All Our Health: Smoking and Tobacco

[Access here](#)

This is a bite-sized lesson to give health and care professionals an overview of smoking and tobacco - including key evidence, data and signposting to trusted resources to help prevent illness, protect health and promote wellbeing. (No requirement to register or have an account to access).

### Stop Smoking Options: Guidance for conversations with patients

[Access here](#)

Guidance to support conversations between clinicians and people who want to quit smoking, on what method to follow.

### *Trusted resources to help prevent illness*

### Smoking and Tobacco: Applying All Our Health

[Access here](#)

This guide is part of 'All Our Health', a resource which helps health and care professionals prevent ill health and promote wellbeing as part of their everyday practice. It will help you:

- Understand the specific activities and interventions that support a smoker to quit
- Access training resources to support your learning and to further develop your skills in motivating and supporting smokers to quit
- Think about the resources and services available in your area that can help people quit smoking



## Health Matters: Stopping Smoking - What works?

[Access here](#)

Public Health England guidance focusing on the range of quitting smoking routes that are available and the evidence for their effectiveness.

## NICE guidelines on stop smoking interventions

[Access here](#)

## Models of delivery for stop smoking services

[Access here](#)

Guidance from Public Health England on Models of delivery for smoking interventions. This document describes interventions to support smokers to stop and evidence of effectiveness (service components) as well as different models for delivering these interventions currently being considered by local authorities (service models).

*This is information geared more towards commissioners as opposed to healthcare professionals and so may not be as relevant for Chiropractors.*

## Paid resources

### Alcohol and tobacco brief interventions

[Access here](#)

E-learning to support healthcare professionals introduce screening and advice about smoking and alcohol into their routine practice.

### Quit

[Access here](#)

Quit is a charity that provides training courses including :

#### Helping Smokers to Quit, Level 1

A one-day training course, equipping trainees with the basic research, proven skills and knowledge to enable them to provide brief smoking cessation interventions for their clients. There are also levels 2 and 3.

### The National Centre for Smoking Cessation and Training (NCSCT)

[Access here](#)

The NCSCT is a social enterprise committed to support the delivery of effective evidence-based tobacco control programmes and smoking cessation interventions provided by local stop smoking services. They have some free online courses and also provide paid for qualifications related to providing stop smoking services.

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***Support the delivery of effective-based tobacco control programmes***

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# Making Every Contact Count

An approach to behaviour change that utilises the millions of day-to-day interactions that organisations and individuals have with other people to support them in making positive changes to their physical and mental health and wellbeing

## Aims of MECC

MECC enables the delivery of consistent and concise health and wellbeing information and encourages individuals to engage in conversations about their health at scale across organisations and populations.

***the lifestyle issues that, when addressed, can make the greatest improvement to an individual's health***

MECC focuses on the lifestyle issues that, when addressed, can make the greatest improvement to an individual's health:

- Stopping smoking
- Drinking alcohol only within the recommended limits
- Healthy eating
- Being physically active
- Keeping to a healthy weight
- Improving mental health and wellbeing.

The E-LfH Hub provides free MECC Training which is suitable for your CPD programme. [Access Here](#).

# Key resources for

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# Patients

## Resources and organisations to signpost patients to

### NHS Smokefree website

[Access here](#)

Smokefree support to help people stop smoking. From email and text, to the free app and lots of other support, individuals can choose what's right for them.

### Quit Now

[Access here](#)

Free Resource for patients to sign up to 28 days of quitting advice via e-mail.

### Personal Quit plan

[Access here](#)

People are more likely to stop smoking with the right support – patients can find out the combination that's right for them in just 3 easy steps.

### Local stop smoking services

[Access here](#)

Local stop smoking services are widely available via the NHS, or sometimes at the patient's GP surgery.



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## Focus on Public Health: Smoking

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