

Appendix 2: Be Smoke Free Case Studies:

Case Study 1.

Profile	<p>Jack (pseudonym) is a 32yr old male. He is mixed British and Black Caribbean. He lives in supported housing outside Manchester city centre. He referred to Be Smoke Free at a Community Engagement event at the LGBT Foundation Community Group on 17/12/22</p>
Presenting Concerns	<p>At the time of referring Jack was motivated to stop smoking for his health and to help with the cost of living and hope that he can save some more money for a deposit on a new flat.</p> <p>Jack's fagerstrom score is 5, he has been smoking for 16yrs, has around 15-20 cigarettes per day and has the first smoke within 30mins of waking up. He also very occasionally smokes cannabis. We gave harm reduction advice about cannabis use and advised that we could signpost to other substance misuse services if needed.</p> <p>Jack has a past medical history of asthma, no known allergies and takes no medications for health conditions. Jack is diagnosed with depression and is well managed on Sertraline.</p> <p>Jack has stopped smoking in the past using chewing gum but found it didn't last. He finds his cravings to smoke are based around his drinking as he will always smoke more heavily on a night out than any other time.</p>
Support and Outcomes	<p>Jack underwent a three-month treatment programme with nurse telephone appointments every 2 weeks, and postal delivery of products. Jack was informed of the benefits of combination therapy and we decided together on a plan.</p> <p>Nicotine replacement therapy commenced, and Jack was placed on a 21mg/24hr patch and a Totally Wicked Skope Vape and 1.6% Nicotine E-liquid.</p> <p>Jacks' nicotine products arrived via post and he selected a quit date. He was able to go three days without smoking but when Jack went out at the weekend he still continued to smoke cigarettes.</p> <p>Behavioural support was given alongside nicotine replacement, which supported Jack to stop smoking. We spoke about triggers and distraction. Jack stopped mixing tobacco in his cannabis joints and started taking his vape on nights out with him. He was smoke free from both the cannabis and cigarettes soon after. Following this, Jack's nicotine products were reduced at a rate he was comfortable with once he was smoke</p>

	<p>free we reduced his liquids and he is currently smoking a 0% Nicotine free liquid and is working now on stopping the vape use altogether.</p> <p>Jack has been smoke free for over 6 weeks as of now. He is due to be discharged at the beginning of March when Jack will be given Be Smoke Free's contact details in case he needs them in future for more support.</p>
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Case Study 2:

<p>Profile</p>	<p>Kal (pseudonym) is a 42-year-old male. He is British-Asian and lives in South Manchester with his wife and his two young children. He works full time as a taxi driver.</p>
<p>Presenting Concerns</p>	<p>Kal was referred to the service by his GP. At the time of his referral his fagerstrom score of 2. He was smoking only 2-3 cigarettes per day, but he smokes shisha for long periods with friends every weekend.</p> <p>He is motivated for his health and his finances as he has young children at home. He also has a history of COPD in his family.</p> <p>He has a past medical history of asthma – he uses inhalers for his asthma. He has suffered from anxiety and depression in the past, but currently his mood is stable, and he takes no medication for his mental health.</p> <p>He has attempted to stop smoking in the past by using nicotine patches, nicotine gum, and Champix, but did not manage to stop smoking with any product.</p>
<p>Support and Outcomes</p>	<p>Kal underwent a three-month treatment programme with nurse telephone appointments every two weeks, and postal delivery of products. He was educated on the use of Shisha as he thought it was not as harmful as his cigarette smoking and he decided to quit that too.</p> <p>On assessment Kal was commenced on a vape, 1.0% vape liquid and a nicotine patch 25mg/16hr. Normally, his low fagerstrom score would lead to a reduced nicotine dosage in Nicotine Replacement Therapy, but due to his heavy shisha use the nurse and Kal agreed to have higher dose patches and e-liquid to start off.</p> <p>Kal set a quit date on first assessment and managed to stop smoking tobacco cigarettes completely. He also started going to his friends house to socialise and stopped frequenting shisha bars.</p>

	<p>With regular behavioural support sessions from Be Smoke Free nurses Kal was able to cope well with his cravings and became smoke free from both cigarettes and his shisha use.</p> <p>Kal's nicotine was reduced as tolerated once Kal was tobacco free. At the end of the three-month treatment programme, Kal had stopped using tobacco and shisha completely, as well as stopped using nicotine patches. He still occasionally uses (average once per week when drinking and socialising) his vape with vape liquid 0.6%.</p> <p>Kal plans to purchase 0% nicotine liquid for his vape in the future as he wanted to keep the low nicotine liquid for now even though Be Smoke Free do offer a nicotine free option.</p> <p>Kal will be contacted at the six month and one year mark to check quit status and to check vape use.</p>
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