

Community Smoking Cessation Resources in Manitoba

The Manitoba Tobacco Reduction Alliance (MANTRA) website lists many smoking cessation resources: <https://mantrainc.ca/resources>

Smokers' Helpline

One of the resources listed on the MANTRA website that can provide follow-up for patients once they leave the hospital is: The Smokers' Helpline
<https://www.smokershelpline.ca/healthcare/home>

The smoker's helpline (funded by the Canadian Cancer Society) will call patients in their homes and offer ongoing support in patients' attempts to quit smoking. These types of quitlines that follow-up with patients was the subject of a Cochrane review showing improved smoking cessation rates.

https://www.cochrane.org/CD002850/TOBACCO_is-telephone-counselling.-effective-as-part-of-a-programme-help-people-stop-smoking

There is a referral process by which a health care professional can obtain verbal consent from the patient and the helpline will proactively call the patient within 3 business days (so you have to time the referral close to discharge). There is a secure webpage where **a health care provider can make a referral to the helpline after obtaining consent from the patient:**

<https://www.smokershelpline.ca/healthcare/make-a-referral>

There is also a paper form that can be filled out and faxed
[shlquitconnectionform_mb_mar2021.pdf \(smokershelpline.ca\)](#)

For your Indigenous patients the helpline now has a specific website for culturally tailored support:

Talk Tobacco: [Online Referral Form \(smokershelpline.ca\)](#)

Community Pharmacy-Based Smoking Cessation Resources

As of April 1, 2022, participating MB pharmacies are now able to offer initial and follow-up smoking cessation support with \$100 NRT subsidy free to MB patients. Pharmacists are paid for this support through a unique social-impact bond program. See FAQ below: [EOI Smoking Cessation FAQ for website posting.pdf \(pharmacistsmb.ca\)](#)

Here is the public facing website for more information:

[Quit Smoking With Your Manitoba Pharmacist \(quitsmokingmb.ca\)](#)

Additional community and primary care resources and information:

- If patients have financial concerns, there are some initiatives that help provide some money for NRT.

- Manitoba Tobacco Quit Card & Counselling Program will be starting in the coming months and will target lower-income population to provide \$300 in NRT and counseling support. More info on access and referral process will be available soon.
- Some private insurance, Patients can ask their primary care provider if their plans may have the option for NRT coverage under “Extended Health Benefit” allowance.
- NIHB does cover NRT in limited quantities per year
- Varenicline is now available as generic, making it more affordable for some.
- Patients can ask their primary care providers if they have access to tobacco educators through various MB Health programs. Access Centres and My Health Teams through the province may have a pharmacist or other clinician who are Certified Tobacco Educators (CTE) who can also assess their tobacco/nicotine use and support their health behavior change journey.
 - FYI: CTE is a course offered through the Canadian Network for Respiratory Care, which also offers the Certified Asthma or Respiratory Educator programs.
- Other tobacco/nicotine education courses include those listed as options that grant prescribing authority from CPhM: <https://cphm.ca/practice-education/prescribing-smoking-cessation/>
- For patients who are comfortable with technology, there are A LOT of apps available now that help people track use, set reduction or quit goals, identify motivators, track triggers and successful interventions, etc. Patients may search their app store/google play, then download a couple of them that seem appealing, then go with the one that feels most intuitive to them after a bit of use. A few examples:
 - Quash is one geared for youth and young adults around vaping/smoking
 - Kwit
 - Smoke Free
 - QuitNow!
 - My Quit Buddy (Australian)
 - Quit Smoking & Vaping
- Shared Health/WRHA’s Health Management Guide also has various health behavior change classes that are open to the public, including:
 - Commit To Quit is a 5-week group education class that is geared toward nicotine cessation/reduction (the next offering will be in the fall)
 - Packing It In – single class/video around the basics of nicotine reduction
 - Can be found here: <https://wrha.mb.ca/groups/>