

# Smoking cessation care pathway

For midwife, doctor or other maternity healthcare professionals



## ALL WOMEN

- ASK**
- Ask at first antenatal appointment and subsequent appointments about current and past tobacco use AND second hand smoke exposure
  - Offer CO monitoring
  - Document smoking status in maternity record

- ADVISE**
- Ensure complete smoke free environment at home and other places
  - Reinforce the benefits of staying smoke free throughout pregnancy and postpartum

### WOMEN WHO SMOKE REGULARLY OR HAVE CUT DOWN

### WOMEN WHO HAVE STOPPED SMOKING

- ADVISE**
- Provide strong non-judgemental advice to quit smoking as soon as possible
  - Inform women that smoking in pregnancy increases the chance their baby may be stillborn or born too early
  - Emphasise it is important to quit, not just cut down. The greatest benefits come from quitting completely
  - Advise the best way to quit and stay smoke free

- ADVISE**
- Congratulate on success with quitting and reinforce the benefits of staying smoke free throughout pregnancy

- HELP**
- Provide smoking cessation resources
  - Offer referral to Quitline or other smoking cessation service and make referral for women who consent to support
  - For women who decline, use the 5Rs (box to the right)
  - Facilitate access to nicotine replacement therapy (NRT) if clinically appropriate
  - Follow-up within 1 week of referral

- 5Rs**
- RELEVANCE** Woman who smokes identifies motivational factors
  - RISK** Woman who smokes identifies potential negative consequences for continued smoking
  - REWARDS** Woman who smokes describes how quitting would benefit themselves and family members
  - ROADBLOCKS** Woman who smokes identifies barriers for quitting
  - REPETITION** Repeat at every visit for all women who smoke



**E-cigarettes (vaping) are not recommended in pregnancy. Approved NRT remains the preferred method of nicotine replacement.**

## PARTNERS

Engage partner and other household members to quit smoking and support a smoke free environment

## QUITLINE REFERRAL

National Quitline number:

**13 78 48**



To submit a referral online scan the QR code.

## GUIDANCE

For guidance on providing NRT in pregnancy in Australia and New Zealand, please see the following links:



The Safer Baby Bundle resources are based on five key areas to support healthcare professionals and women with strategies to help reduce stillbirth during pregnancy.

**Smoking Cessation**  
#Quit4Baby

**Fetal Growth Restriction (FGR)**  
#GrowingMatters

**Decreased Fetal Movements (DFM)**  
#MovementsMatter

**Side Sleeping**  
#SleepOnSide

**Timing of Birth**  
#LetsTalkTiming