

Healthcare Worker Guide

From training to launching an effective cessation service

For: Doctors, nurses, pharmacists, and healthcare professionals

With your medical expertise, you play a central role in protecting patients from smoking and helping them quit. This guide walks you through training and the steps to set up a cessation clinic or service at your health unit, clinic, or even within a university.

Steps to train and join as a medical partner

- 1. Register as a medical partner** — Through the Pink Lung platform, with your qualifications and workplace.
- 2. Complete 5A's protocol training** — Ask, Advise, Assess, Assist, Arrange.
- 3. Get your training certificate** — Qualifies you to provide certified cessation counseling.
- 4. Join the medical staff network** — To exchange experience and get advice on complex cases.

The Brief Intervention protocol

- 1. Ask** — Ask every patient about their smoking status at every visit, not just once.
- 2. Advise** — Clearly and personally: 'As your doctor, I advise you to quit, and I can help.'
- 3. Assess** — Are they ready to quit within the next 30 days?
- 4. Assist** — Help them set a plan, suggest nicotine replacement if needed, and refer for counseling if necessary.
- 5. Arrange** — Schedule a follow-up within a week of the quit date.

Steps to set up a cessation clinic/service at your unit or university

- 1. Get management approval** — Submit a simple proposal showing the benefit and low cost of the service.
- 2. Set fixed weekly hours** — Even two hours a week is enough to start.
- 3. Prepare support materials** — Assessment forms, awareness leaflets, and patient contact tools.
- 4. Promote the service** — A simple sign at reception, and word of mouth among colleagues for referrals.
- 5. Document and coordinate with Pink Lung** — To list your service on the platform's map of health places.

Handling complex cases

- ◆ Co-occurring mental illness: coordinate with a psychiatrist before starting nicotine replacement.
- ◆ Heavy dependence: consider medication (e.g. bupropion or varenicline) under medical supervision.
- ◆ Pregnancy: prioritize non-pharmacological cessation, and refer to OB/GYN when needed.
- ◆ Teens and vape users: focus on awareness of nicotine's effects on the developing brain.

Become part of Pink Lung's medical network

- ◆ Register as a medical partner and start free training.
- ◆ Launch a simple cessation service at your workplace within two weeks.
- ◆ Share success stories with the team to motivate your colleagues.

One simple intervention from you can change a patient's entire path.

<https://pinklung.egypthealth.net/>



مبادرة رئة وردية