



Making prescription stop smoking medications available  
to people who smoke

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## Introduction

Prescription only stop smoking medications (cytisinicline, varenicline) have been available for a significant amount of time in England but are under-utilised by people who want to stop smoking. This is not because there is a lack of interest among the smoking population. The problem is access.

Local authority stop smoking services are asked for these medications by people who have heard that they are available, and the National Centre for Smoking Cessation and Training (NCSCT) receives regular requests for help by LSSS to help them in making them available.

## Aim

This service aims to support local authorities to improve access to medications by assisting with developing a Patient Group Direction (PGD), or by facilitating availability by alternative means.

## Proposal

Requests for assistance from local authorities will be assessed, their need identified and one or more NCSCT experts will be assigned to the case:

- Dr Andy McEwen (Chief Executive)
- Dr Sophia Papadakis (NCSCT Academic and Health Systems Consultant)
- Hanifa Ditta (NCSCT Commissioning Consultant)
- Louise Ross (NCSCT Clinical Consultant)

The NCSCT will support local authorities by providing template documents, evidence on effectiveness of medications, modelling success rates, advising on navigating obstacles and providing the necessary technical advice and support.

This bespoke service, tackling the particular issues arising in individual local authorities, will enhance the advice given in [Making stop smoking medications available and accessible: guidance and resources](#).

A by-product of this service will allow us to collate good examples of PGDs and service case studies as a resource for the field.

## Contact

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