



## 2006 UK National Smoking Cessation Conference

Monday 26th and Tuesday 27th June 2006  
at The Sage, Gateshead, Tyne and Wear

### Final programme and floor plan

Abstracts for all presentations are on the conference website at  
[www.uknsc.org](http://www.uknsc.org)

**Please note that there may be high levels of demand for some parallel sessions.**  
If there is something you particularly want to see you are strongly advised to  
arrive early, especially if the session is in one of the smaller rooms.

## Sunday 25th June 2006 | Pre-conference reception and registration

7.30	<p><b>BALTIC Gallery Rooftop Restaurant, Quayside, Gateshead</b></p> <p><b>Pre-conference registration, wine and canapes</b></p> <p>Register for the conference and collect your bag while meeting friends, colleagues, speakers, sponsors and the programme committee in the unique setting of the Baltic rooftop restaurant – with spectacular views of The Sage and the Tyne.</p>
9.30	<b>Close</b>

## Monday 26th June 2006 | Programme

8.00	<b>Registration and coffee</b>
9.45	<p>Hall One</p> <p><b>Setting the scene</b></p> <p>Chair: <b>Steve Crone</b>, Chief Executive, Quit</p> <p><b>Welcome</b></p> <p><b>Hayden McRobbie</b>, Research Fellow, Clinical Trials Research Unit, School of Population Health, University of Auckland, New Zealand</p>
10.00	<p><b>Help with stopping smoking: Who's asking for it? Who needs it?</b></p> <p><b>Peter Hajek</b>, Professor, Tobacco Dependence Research and Treatment Centre, Barts and The London Queen Mary's School of Medicine and Dentistry, University of London</p>
10.30	<p><b>Understanding lapse and relapse</b></p> <p><b>Saul Shiffman</b>, Professor, University of Pittsburgh, Pittsburgh, PA, USA</p>
11.00	<b>Coffee</b>
11.30	<p>Hall One</p> <p><b>The future of nicotine</b></p> <p>Chair: <b>Steve Crone</b>, Chief Executive, Quit</p> <p><b>Smokeless tobacco: problems and opportunities</b></p> <p><b>Jonathan Foulds</b>, Associate Professor, University of Medicine and Dentistry of New Jersey, School of Public Health and Director, Tobacco Dependence Program, USA</p>
12.00	<p><b>'PREPS': future or folly?</b></p> <p><b>John Britton</b>, Professor of Epidemiology, University of Nottingham City Hospital</p>
12.30	<p><b>Harm minimisation and the role of NRT</b></p> <p><b>Ann McNeill</b>, Senior Research Fellow, University College London</p>
1.00	<b>Lunch</b>
2.00	<p><b>Poster presentations</b></p> <p>Presenters will be by their posters to discuss their work with delegates</p>
2.30	<p><b>Parallel sessions</b></p> <p>Hall One</p> <p><b>Best practice for smoking cessation within mental health services</b></p> <p><b>Towards smoke free mental health services – The New Zealand experience</b></p> <p>For sessions running parallel to these, see programme opposite ⇄</p>
3.45	<b>Coffee</b>

2.30

## Parallel sessions

### Hall One

#### **Best practice for smoking cessation within mental health services**

**Ronnie Troughton**, Smoking Cessation Advisor, Tobacco Dependence Research and Treatment Centre, Barts and The London Queen Mary's School of Medicine and Dentistry, University of London

#### **Towards smoke free mental health services – The New Zealand experience**

**Mark Wallace-Bell**, Senior Lecturer in Addictions, National Addiction Center, University of Otago, New Zealand

### Northern Rock Foundation Hall

#### **How to engage GPs in smoking cessation**

**Hayden McRobbie**, Research Fellow, Clinical Trials Research Unit, School of Population Health, University of Auckland, New Zealand and **Alex Bobak**, GP, Wandsworth PCT, London

### Northern Arts Studio

#### **Cannabis use and smoking cessation**

Includes 'Cannabis Smoking Explained' – a video made specially for the conference by young people

**Nicky Willis**, Smoking Cessation Project Manager, Medway and Swale Stop Smoking Service, Medway PCT

### The Barbour Room

#### **Glucose, St John's Wort and Nortriptyline: do they help?**

**Paul Aveyard**, Senior Lecturer, Department of Primary Care and General Practice, University of Birmingham

### Katherine Shears Studio

#### **Why some quitters don't go to NHS stop smoking services**

**Michael Ussher**, Senior Lecturer, Psychology Section, Community Health Sciences, St George's Hospital, University of London

### Hall Two

#### **The P.R.I.M.E. theory of motivation and its application to smoking cessation**

**Robert West**, Professor of Health Psychology, Cancer Research UK Health Behaviour Unit, University College London

### Room C 6

#### **Pro-active telephone counselling-quitlines**

**Kawal dip Sehmi**, Director, Health Inequalities, QUIT

#### **Quitlines and social exclusion in the UK and Europe**

**Ruth Bosworth**, Director of Services, QUIT

### Room C 7

#### **Special populations**

Chair: **Gerry McElwee**, ASH Northern Ireland

#### **Accessing hard to reach black and minority ethnic groups: lessons learnt from research with the Somali population**

**Lianne Straus**, Researcher, Cancer Research UK Health Behaviour Unit, UCL

#### **Tobacco cessation among South Asians in the UK**

**Leena Sankla**, Project Director, Cardio Wellness Charity, Reading

#### **Smoking cessation with Muslim men**

**Farah Desai**, Stop Smoking Advisor, Communities, Directorate of Public Health, Newham PCT

**Yunus Dudhwala**, Multifaith Manager, Newham University Hospital Trust

### Room C 10

#### **Treatment models**

Chair: **Linda Durgan**, All Wales Smoking Cessation Service

#### **A combination nicotine replacement therapy (NRT) algorithm for hard-to-treat smokers**

**Renee Bittoun**, Director Smokers Clinic, University of Sydney and Royal Prince Alfred Hospital, Australia

#### **A realistic evaluation of an open access stop smoking clinic**

**Jane Beach**, Stop Smoking Specialist Clinical Lead, Springfield Centre, Birmingham

#### **Development of the Drop In Model of practice**

**Patricia Marshall**, Smoking Cessation Service Manager, Tees Stop Smoking Service, Middlesbrough

**Wendy Martindale**, Specialist Smoking Cessation Link Adviser with Hartlepool PCT

4.15

## Parallel sessions

Hall One

### Debate

#### 'This house believes that six-session group treatment should be abandoned in favour of open rolling groups'

Chair: **Steve Crone**, Chief Executive, Quit

Proposer: **Gerard Hastings**, Director, Centre for Social Marketing and Centre for Tobacco Control Research, Department of Marketing, University of Strathclyde, Glasgow

Seconder: **Christine Owens**, Head of Tobacco Control, Roy Castle Lung Cancer Foundation, Liverpool

Opposer: **Jonathan Foulds**, Associate Professor, University of Medicine and Dentistry of New Jersey, School of Public Health and Director, Tobacco Dependence Program, USA

Seconder: **Agnes McGowan**, Principal Health Promotion Officer, Smoking Concerns, Glasgow

Katherine Shears Studio

### Professional Development

Chair: **Miriam Armstrong**, Pharmacy Health Link, RPSGB

#### Clinical practice guidelines for smoking cessation and smoking cessation in clinical practice

**Renee Bittoun**, Director Smokers Clinic, University of Sydney and Royal Prince Alfred Hospital, Australia

#### A report on the health professionals and smoking cessation in a larger Europe EU project – How does England compare?

**Paul Hooper**, Regional Tobacco Policy Manager, West Midlands

**Jennifer Percival**, Royal College of Nursing Tobacco Education Project

#### Smoking cessation training in Scotland



**Mary-Grace Burinski**, Senior Training and Development Officer, ASH Scotland


**Eithne Greenshields**, Regional Training Officer, ASH Scotland

Northern Arts Studio

#### The Healthcare Commission's improvement review of tobacco control

**Charlotte Blencowe**, Acting Public Health Development Manager, The Healthcare Commission, London

5.00	<b>Evening symposia sessions and refreshments</b>	
5.15	<p>The Barbour Room</p> <p><b>GlaxoSmithKline Consumer Healthcare Symposium: Smoking cessation services – shaping up for smoke free</b></p> <p>Chair: <b>Gay Sutherland</b>, Maudsley Hospital, London</p> <p><b>The Ireland and Scotland smoke free experience: learnings for England</b> <i>Ruth Bosworth, QUIT</i></p> <p><b>Preparing your service for smoke free legislation</b> <i>Paul Hooper, West Midlands Tobacco Control Manager</i></p> <p><b>Nicotine misconceptions – still a major smoking cessation barrier?</b> <i>Dr Alex Bobak, Wandsworth PCT</i></p>	
6.30	<p>Northern Rock Foundation Hall</p> <p><b>Symposium sponsored by Novartis</b></p>	
7.30	<b>Symposia close</b>	
7.30	<p><b>Evening parallel sessions</b></p> <p>Hall One</p> <p><b>Film: The Insider</b> A special film screening in the spectacular setting of Hall One of the Sage. Classic film documenting the stand taken by Jeffrey Wigand, a former chief scientist at Brown &amp; Williamson Tobacco and the efforts of the tobacco industry to silence him. Starring Al Pacino as Lowell Bergman, the 60 Minutes producer who exposes the story, Russell Crowe (as Wigand), Christopher Plummer and Michael Gambon. A real antidote to most based-on-a-true-story films, this is a fascinating, compelling film. A must see for everyone in the smoking cessation field. Running time: 160 minutes.</p> <p>Hall Two</p> <p><b>Exploring the evidence – Cochrane reviews on smoking cessation</b> <i>Lindsay Stead, Cochrane Tobacco Addiction Review Group Co-ordinator, Dept of Primary Care, Oxford</i></p>	
	<b>Close</b>	

8.00	<b>Coffee and buffet breakfast</b>
8.30	<p>Hall One</p> <p><b>Symposium sponsored by Pfizer</b> </p> <p><b>A new way to stop smoking – Is it all just smoke and mirrors?</b>  <b>A new way for smokers who may have given up on giving up</b>  <i>Professor Robert West, Professor of Health Psychology and Director of Tobacco Studies at the Cancer Research UK Health Behaviour Unit, University College London</i></p> <p><b>Achieving success via behavioural change</b>  <i>Jennifer Percival, Royal College of Nursing Tobacco Policy Advisor</i></p>
9.30	<b>Coffee</b>
9.45	<p>Hall One</p> <p><b>Stop smoking services</b>  Chair: <b>Gay Sutherland</b>, Research Psychologist, Tobacco Research Unit, Institute of Psychiatry, King's College London University and Honorary Consultant Clinical Psychologist, South London and Maudsley NHS Trust Smoking Cessation Clinic</p> <p><b>Behavioural support: what is the state of the art?</b>  <i>Robert West, Professor of Health Psychology, Cancer Research UK Health Behaviour Unit, University College London</i></p>
10.15	<p><b>New medications</b>  <i>John Hughes, Professor, Department of Psychiatry, University of Vermont, USA</i></p>
10.45	<p><b>Do smoking cessation treatments reduce health inequalities?</b>  <i>Dr Linda Bauld, Senior Lecturer in Public Policy, University of Glasgow</i></p>
11.15	<b>Coffee</b>
11.45	<p><b>Parallel sessions</b>  Hall One  <b>The nicotine withdrawal syndrome</b>  For sessions running parallel to this, see programme opposite</p>
1.00	<b>Lunch</b>
1.30	<p><b>Poster presentations</b>  Presenters will be by their posters to discuss their work with delegates</p>
2.00	<p>Hall One</p> <p><b>What does 'smoke free' mean?</b>  Chair: <b>Gay Sutherland</b>, Research Psychologist, Tobacco Research Unit, Institute of Psychiatry, King's College London University and Honorary Consultant Clinical Psychologist, South London and Maudsley NHS Trust Smoking Cessation Clinic</p> <p><b>Scotland's smoking ban: how the smoke-free battle was won</b>  <i>Rachel Harrison, Senior Policy and Research Officer, ASH Scotland</i></p>
2.30	<p><b>Video: 'Out in the cold' – a message from smokers forced out of smoke-free places</b>  A specially commissioned film</p>
2.50	<p><b>Smoke-free public places: implications for stop smoking services</b>  <i>Andrew Hyland, Associate Member, Department of Health Behaviors, Roswell Park Cancer Institute, USA</i></p>
3.20	<p><b>Closing remarks</b>  <i>Andy McEwen, Senior Research Nurse, Cancer Research UK Health Behaviour Unit, University College London</i></p>
3.30	<b>Conference close</b>

11.45

## Parallel sessions

Hall One

### The nicotine withdrawal syndrome

*John Hughes, Professor, Department of Psychiatry, University of Vermont, USA*

Hall Two

### Better practices for youth smoking cessation: lessons from the NHS Health Scotland young people and smoking cessation pilot programme

*Amanda Amos, Reader in Health Promotion, Public Health Sciences, University of Edinburgh Medical School*

*Wendy Gnich, Research Fellow, Research Unit in Health, Behaviour and Change, University of Edinburgh Medical School*

*Stephen Platt, Director, Research Unit in Health, Behaviour and Change, University of Edinburgh Medical School*

*Christine Sheehy, Senior Researcher, Scottish Centre for Social Research, Edinburgh*

Northern Rock Foundation Hall

### Best practice for smoking cessation in pregnancy

*Hayden McRobbie, Research Fellow, Clinical Trials Research Unit, School of Population Health, University of Auckland, New Zealand*

### Perceived barriers towards pregnant women seeking out support at smoking cessation services

*John Taylor, School of Community Sciences, Division of Primary Care, University Hospital, Queen's Medical Centre*

### Self-help smoking cessation interventions in pregnancy – a systematic review

*Felix Naughton, PhD Student, General Practice and Primary Care Research Unit, University of Cambridge*

### Evaluation of a programme of intensive support to help pregnant women stop smoking

*Ann Fitchett, Pregnancy Stop Smoking Advisor for South Birmingham PCT*

The Barbour Room

### If smokers smoke for nicotine, why isn't NRT more effective?

*Peter Hajek, Professor, Tobacco Dependence Research and Treatment Centre, Barts and The London Queen Mary's School of Medicine and Dentistry, University of London*

Katherine Shears Studio

### Best practice for smoking cessation in prisons

*Paul Hayton, Health Promotion Lead/WHO Health in Prisons Project Lead for Prison Health and Director of the Healthy Prisons Programme at UCLan and Susan MacAskill, Senior Researcher, Institute for Social Marketing, University of Stirling and The Open University*

Northern Arts Studio

### Stopping smoking online

*Jean-Francois Etter, Senior Lecturer, IMSP-CMU, Geneva, Switzerland*

Room C 6

### A workshop on challenges to the future of NHS stop smoking services (and possible solutions)

*Russell Moody, Training and Development Co-ordinator, The Smoking Advice Service, Nuffield Clinic, Plymouth*

Room C 10

### Something a little different

Chair: *Patricia Grierson, Dumfries and Galloway Primary Care NHS Trust*

### Don't quit yet

*Heather Muir, Smoking Cessation Practitioner, Dunedin Hospital, New Zealand*

### Impact of biomarker feedback on smoking

*Lion Shahab, Research Health Psychologist / PhD Student, Cancer Research UK Health Behaviour Unit*

### Smoking cessation – the military experience

*Annie Owen, Army Smoking Cessation Project Co-ordinator and Lt. Louise Storey, RN*

Room C 7

Chair: *Ruth Bosworth, Director of Services, QUIT*

### Helping stop smoking services plan for and maximize the effects of smoke free legislation

*Christine Owens, Manager, The Roy Castle Lung Cancer Foundation, Liverpool*

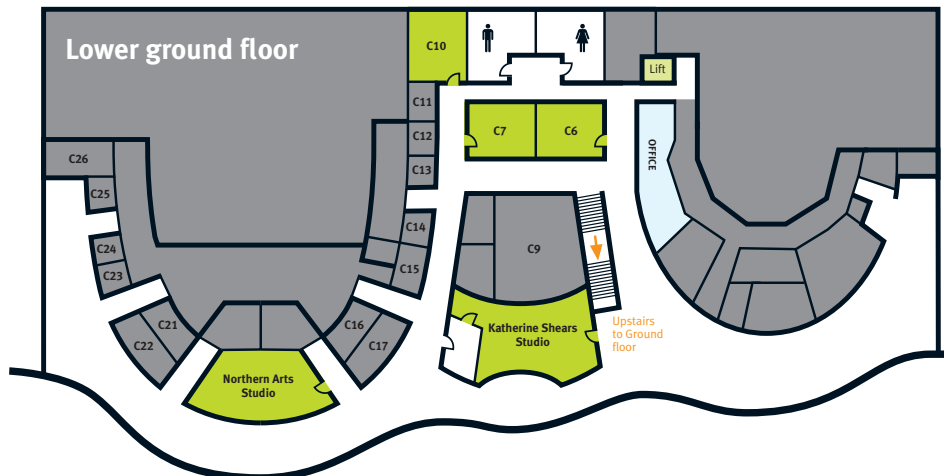
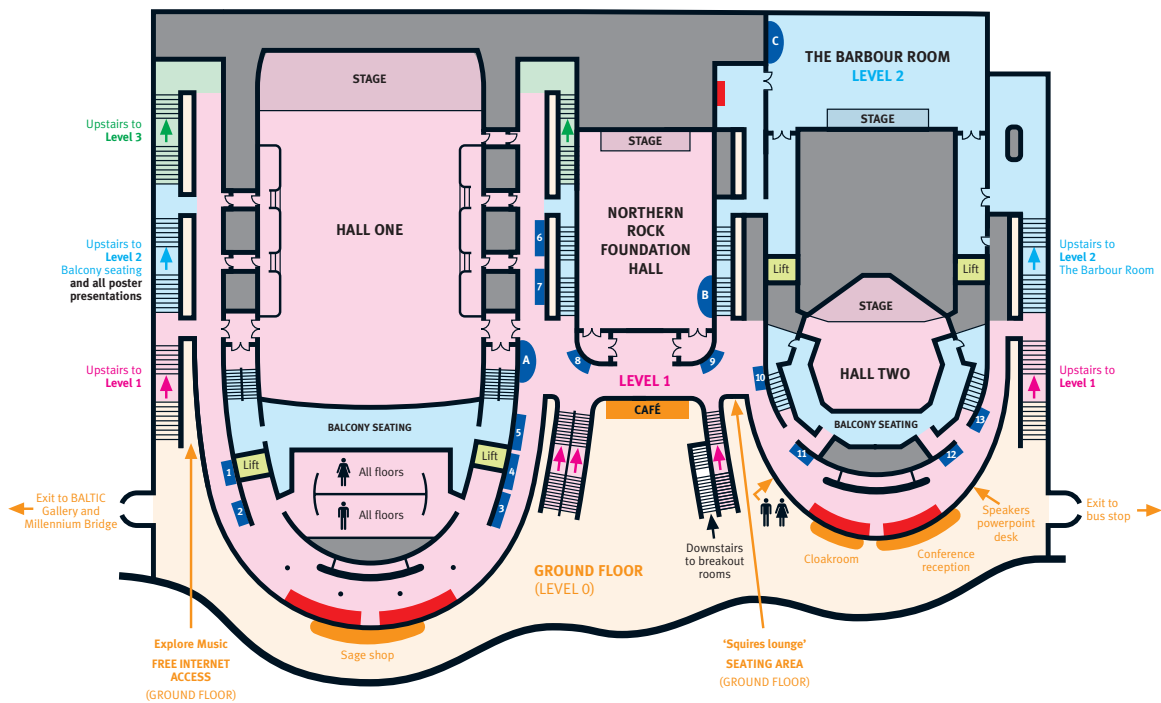
### Marketing smoking cessation programmes to the business world

*Maxine Linnell and Nagina Parwez, Smoking Cessation Specialists, Resolution (County) NHS Stop Smoking Service, Leicestershire*

# Floor plan

## Key

Main Sponsors	Exhibitors	
<b>A</b>  Level 1 landing	1 No Smoking Day 2 ATTUD 3 Bedfont 4 FRESH 5 Micro Medical 6 GASP 7 Blackwell Publishing	8 HIT 9 Roy Castle Lung Cancer Foundation 10 Essentia 11 NHS Health Scotland 12 QUIT 13 CRUK
<b>B</b>  Northern Rock Foundation Hall		Level 0 Level 1 Level 2 Level 3 Exhibitors Food, tea/coffee Please note that there are food stations on levels 1 and 2
<b>C</b>  GlaxoSmithKline Consumer Healthcare The Barbour Room		





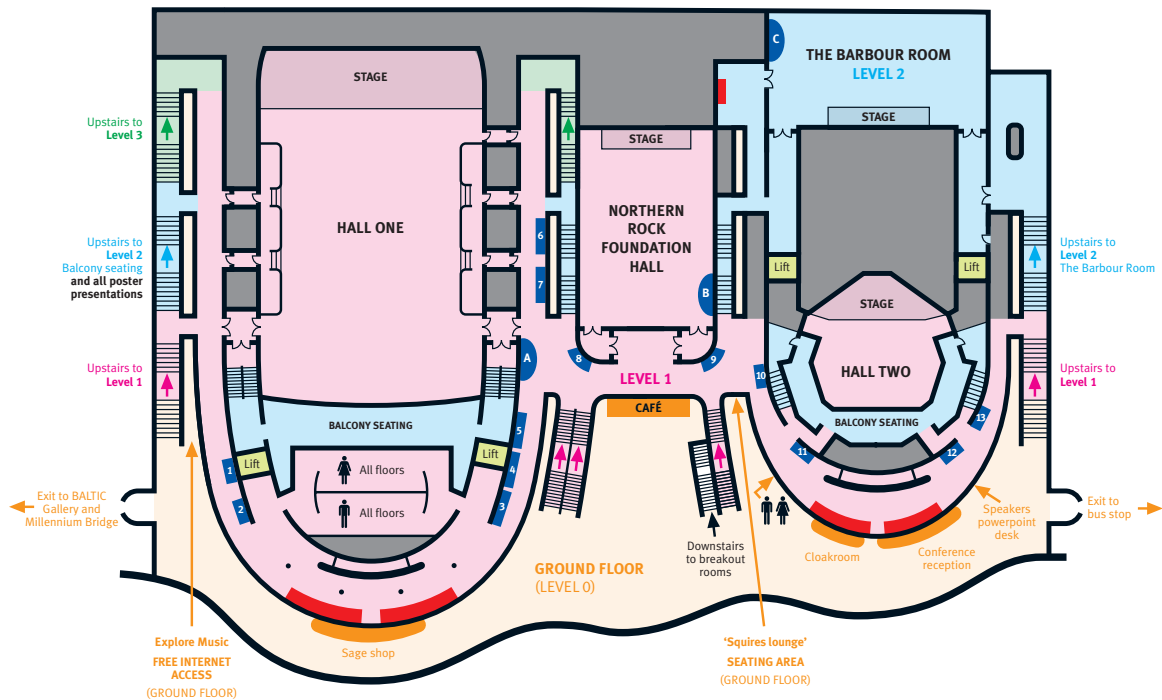
**Presenters will be by their posters to discuss their work with delegates on 26th June at 2.00 pm – 2.30 pm and 27th June at 1.30 pm – 2.00 pm**

- 1 **Is there a price to pay to meet 4-week quitter targets?**  
– ‘warts and all’ experiences of Derwentside Smoking Cessation service
- 2 **Exploring smoking cessation issues in the prison setting – experiences from the North East**
- 3 **Building the evidence base for working with young people – different approaches to a challenging dilemma**
- 4 **The success of the North East of England Pregnancy Stop Smoking Services**
- 5 **Primary Care smoking cessation provision – training and support**
- 6 **Drop in 2 quit**
- 7 **Rising to the challenge of increased stop smoking targets**
- 8 **Successful and accessible – stop smoking services provided by community pharmacies**
- 9 **Promoting smoke free workplaces and the implications for Stop Smoking Services**
- 10 **Effective brief intervention – increasing capacity by training trainers**
- 11 **Acceptability and short-term outcome of an Internet-based smoking cessation programme**
- 12 **Hospital inpatient smoking cessation pathway**
- 13 **The Smoking Cessation Pyramid**
- 14 **Fresh Air-shire – an integrated smoking prevention and cessation service**
- 15 **Investigating the effectiveness of sending postcards to people who have quit smoking for four weeks**
- 16 **Lone parents and smoking**
- 17 **Use of NicAlert™ cotinine test strips for verification of smoking cessation**
- 18 **Smoking cessation in Bowhouse Prison**
- 19 **Tackling smoking in the home**
- 20 **Pharmacists to deliver stop smoking programmes – a success story**
- 21 **Increasing the use of written materials in NHS community based stop smoking interventions. The impact of providing a comprehensive resource pack.**
- 22 **Support of quitting in prisons: strategies and stakeholders in reaching this disadvantaged population group**
- 23 **Raising tobacco awareness: lessons from a class teacher delivered programme**
- 24 **Randomized controlled trial of a social support (‘buddy’) intervention for smoking cessation**
- 25 **Smoking in early adolescence: evidence from the 1993 birth cohort study**
- 26 **Early determinants of smoking in adolescence: a prospective birth cohort study**
- 27 **Effectiveness of an intervention on smoking among school-aged adolescents in Brazil**
- 28 **Epidemiology of smoking in Latin American middle-aged and older adults: the Platino study**
- 29 **Equitable prescribing and the effective use of Patient Group Direction to improve service provision**
- 30 **Attitudes and behavioural patterns toward smoking cessation among nicotine dependent smokers in Japan and their attitudes change by the price of cigarettes**
- 31 **Policy research for establishing nicotine dependence treatment services in Japan**
- 32 **Update on Improving access to stop smoking services for people with mental health problems**
- 33 **Training physicians and pharmacists in smoking cessation counselling: preliminary results**
- 34 **Does one size fit all?**
- 35 **A stop smoking service, dedicated to meeting the needs of mental health patients and the homeless.**
- 36 **Still smokin’ after 23 years – No Smoking Day 2006; the official results!**
- 37 **Smoking and pregnancy. Modern networks for improving practice and services**
- 38 **Tobacco use amongst the Somali population: researching and understanding prevalence and attitudes**
- 39 **Tobacco cessation among South Asians in the UK**
- 40 **Roy Castle fag-ends smoking cessation within prisons**
- 41 **Chilean strategies for tobacco control**

# Floor plan

## Key

Main Sponsors		Exhibitors		
<b>A</b>	Pfizer Level 1 landing	1 No Smoking Day	8 HIT	Level 0
<b>B</b>	Nicotinell Northern Rock Foundation Hall	2 ATTUD	9 Roy Castle Lung Cancer Foundation	Level 1
<b>C</b>	GlaxoSmithKline Consumer Healthcare The Barbour Room	3 Bedfont	10 Essentia	Level 2
		4 FRESH	11 NHS Health Scotland	Level 3
		5 Micro Medical	12 QUIT	Exhibitors
		6 GASP	13 CRUK	Food, tea/coffee
		7 Blackwell Publishing		Please note that there are food stations on levels 1 and 2



## Main conference sponsors

