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.uknscc.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

<table>
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<th>Time</th>
<th>Event</th>
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| 7.30 | **BALTIC Gallery Rooftop Restaurant, Quayside, Gateshead**  
**Pre-conference registration, wine and canapes**  
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. |
| 9.30 | Close |

### Monday 26th June 2006  | Programme

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>8.00</td>
<td><strong>Registration and coffee</strong></td>
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| 9.45 | **Setting the scene**  
**Chair:** Steve Crone, Chief Executive, Quit  
**Welcome**  
Hayden McRobbie, Research Fellow, Clinical Trials Research Unit, School of Population Health, University of Auckland, New Zealand |
| 10.00 | **Help with stopping smoking: Who’s asking for it? Who needs it?**  
Peter Hajek, Professor, Tobacco Dependence Research and Treatment Centre, Barts and The London Queen Mary’s School of Medicine and Dentistry, University of London |
| 10.30 | **Understanding lapse and relapse**  
Saul Shiffman, Professor, University of Pittsburgh, Pittsburgh, PA, USA |
| 11.00 | **Coffee** |
| 11.30 | **The future of nicotine**  
**Chair:** Steve Crone, Chief Executive, Quit  
**Smokeless tobacco: problems and opportunities**  
Jonathan Foulds, Associate Professor, University of Medicine and Dentistry of New Jersey, School of Public Health and Director, Tobacco Dependence Program, USA |
| 12.00 | **‘PREPS’: future or folly?**  
John Britton, Professor of Epidemiology, University of Nottingham City Hospital |
| 12.30 | **Harm minimisation and the role of NRT**  
Ann McKell, Senior Research Fellow, University College London |
| 1.00 | Lunch |
| 2.00 | **Poster presentations**  
Presenters will be by their posters to discuss their work with delegates |
| 2.30 | **Parallel sessions**  
**Hall One**  
**Best practice for smoking cessation within mental health services**  
Towards smoke free mental health services – The New Zealand experience  
For sessions running parallel to these, see programme opposite ➔ |
| 3.45 | **Coffee** |
Monday 26th June 2006 | Parallel sessions

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 Centre, 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 Babak, 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
Kawaldip Sehmi, Director, Health Inequalities, QUIT

Quiltines and social exclusion in the UK and Europe
Ruth Basworth, 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 Dossal, Stop Smoking Advisor, Communities, Directorate of Public Health, Newham PCT
Yunus Dudhwala, Multi-faith Manager, Newham University Hospital Trust

Room C 10
Treatment models
Chair: Linda Dungan, 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

Comprehensive conference archive, including all abstracts, online at www.uknscc.org
Monday 26th June 2006 | Parallel sessions

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

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

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
### Monday 26th June 2006 | Programme

<table>
<thead>
<tr>
<th>Time</th>
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<tr>
<td>5.00</td>
<td>Evening symposia sessions and refreshments</td>
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| 5.15  | GlaxoSmithKline Consumer Healthcare Symposium: Smoking cessation services – shaping up for smoke free  
Chair: Gay Sutherland, Maudsley Hospital, London  
The Ireland and Scotland smoke free experience: learnings for England  
Ruth Bosworth, QUIT  
Preparing your service for smoke free legislation  
Paul Hooper, West Midlands Tobacco Control Manager  
Nicotine misconceptions – still a major smoking cessation barrier?  
Dr Alex Bobak, Wandsworth PCT |
| 6.30  | Symposium sponsored by Novartis                                      |
| 7.30  | Symposia close                                                       |
| 7.30  | Evening parallel sessions                                             |
|       | **Hall One**                                                         |
|       | **Film: The Insider**                                                |
|       | 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 & 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.  
**Hall Two**  
Exploring the evidence – Cochrane reviews on smoking cessation  
Lindsay Sted, Cochrane Tobacco Addiction Review Group Co-ordinator, Dept of Primary Care, Oxford |
|       | Close                                                                 |
**Tuesday 27th June 2006 | Programme**

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<tr>
<th>Time</th>
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<tr>
<td>8.00</td>
<td>Coffee and buffet breakfast</td>
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<td>8.30</td>
<td>Symposium sponsored by Pfizer</td>
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<td></td>
<td><strong>A new way to stop smoking – Is it all just smoke and mirrors?</strong></td>
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<td>A new way for smokers who may have given up on giving up</td>
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<td>Professor Robert West, Professor of Health Psychology and Director of Tobacco Studies at the Cancer Research UK Health Behaviour Unit, University College London</td>
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<td>Achieving success via behavioural change</td>
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<td>Jennifer Percival, Royal College of Nursing Tobacco Policy Advisor</td>
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<td>9.30</td>
<td>Coffee</td>
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<td>9.45</td>
<td>Stop smoking services</td>
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<td></td>
<td>Chair: Gay Sutherland, 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</td>
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<td>Behavioural support: what is the state of the art?</td>
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<td>Robert West, Professor of Health Psychology, Cancer Research UK Health Behaviour Unit, University College London</td>
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<td>10.15</td>
<td>New medications</td>
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<td>John Hughes, Professor of Psychiatry, University of Vermont, USA</td>
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<td>10.45</td>
<td>Do smoking cessation treatments reduce health inequalities?</td>
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<td>Dr Linda Bauld, Senior Lecturer in Public Policy, University of Glasgow</td>
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<td>11.15</td>
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<td>Hall One</td>
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<td>The nicotine withdrawal syndrome</td>
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<td>For sessions running parallel to this, see programme opposite &gt;</td>
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<td>1.00</td>
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<td>Presenters will be by their posters to discuss their work with delegates</td>
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<tr>
<td>2.00</td>
<td><strong>What does ‘smoke free’ mean?</strong></td>
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<td></td>
<td>Chair: Gay Sutherland, 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</td>
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<td>Scotland’s smoking ban: how the smoke-free battle was won</td>
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<td>Rachel Harrison, Senior Policy and Research Officer, ASH Scotland</td>
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<td>2.30</td>
<td>Video: ‘Out in the cold’ – a message from smokers forced out of smoke-free places</td>
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<td>A specially commissioned film</td>
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<td>2.50</td>
<td>Smoke-free public places: implications for stop smoking services</td>
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<td>Andrew Hyland, Associate Member, Department of Health Behaviors, Roswell Park Cancer Institute, USA</td>
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<td>3.20</td>
<td>Closing remarks</td>
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<td>Andy McEwen, Senior Research Nurse, Cancer Research UK Health Behaviour Unit, University College London</td>
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<td>3.30</td>
<td>Conference close</td>
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</table>
Tuesday 27th June 2006 | Parallel sessions

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 Ames, Reader in Health Promotion, Public Health Sciences, University of Edinburgh Medical School
Wendy Ginch, 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 Steen, 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 7
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 10
Comprehensive conference archive, including all abstracts, online at www.uknscc.org
Floor plan

**Key**

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<th>Main Sponsors</th>
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<td>6. GASP</td>
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<td>7. Blackwell Publishing</td>
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<td>8. HIT</td>
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<td>9. Roy Castle Lung Cancer Foundation</td>
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<td>10. Esmera</td>
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<td>11. NHS Health Scotland</td>
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<td>12. QUIT</td>
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<td>13. CRUK</td>
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- **Level 0**
- **Level 1**
- **Level 2**
- **Level 3**
- **Exhibitors**
- **Food, tea/coffee**

Please note that there are food stations on levels 1 and 2.
Poster presentations  |  All posters will be displayed on Level 2

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
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

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