



Colac Area Health Nicotine Management Clinic

Emily Alston Health Promotion Coordinator
Di O'Dowd Nicotine Management Specialist



History at Colac Area Health

- 2008 smoking cessation was identified as a real need for local community
- Professor Renee Bittoun was identified as an internationally recognised expert
- Smoking Clinic was opened at CAH in 2009
- Clinic offered cessation services to smokers in our catchment area
- Main assistance was nicotine replacement therapy and Zyban
- Outreach clinics set up at local businesses

Smokefree Healthcare Services



- In 2017 CAH awarded Gold Standard
- Internationally recognised as a leader in Smokefree Health Services
- Support by Victorian Network of Smokefree Healthcare Services
- Whole of health service approach
- Change in organisational priorities- now a silver member



Nicotine Management

- Smoking Clinic name changed to Nicotine Management Clinic in 2024
- Increase in vaping clients
- All nicotine addiction is treated the same, regardless of delivery
- Nicotine Replacement Therapy, Champix, Combination Therapy, Behaviour Management
- Increased need for support from schools



Emerging challenges

- Support for increased hours & funding
- Change in legislation
- Need for collaboration with Local Government and Law Enforcement
- Staying ahead of the game
- Education for clinicians



Where to from here?

- Collaboration locally
- Community of Practice
- Shared messaging
- Benefits to the community
- Shared case studies
- Important to engage experts
- Support from regional PHU and local health services