

Smoker type 4: 56-year-old manual worker– attended urology clinic with urinary symptoms and blood in urine

Mohammed is a 56-year-old father of four originally from the middle East. He is attending a urology clinic with haematuria. He knows that he has been referred to exclude bladder or kidney cancer. He has been given the all clear and will be discharged. You note from the GP 2-week referral letter that Mohammed is a current smoker. You decide to implement a VBA regarding smoking

ASK: “Mohammed, I see from your GP notes that you use tobacco?” Mainly in a waterpipe. I don’t smoke cigarettes as much these days

ADVISE: “Waterpipes carry significant health risks as well as the few cigarettes that you’re smoking. The best way to quit is with medication and support. We have a stop smoking service I can recommend, many of my patients have found it useful” Yes, I’d like that – this bleeding has made me realise I have had a lucky escape

ACT: Record in Mohammed’s notes that **VBA** was performed, and a self-referral recommended to a **stop smoking service**. Record in the discharge letter so his GP surgery can follow up with VBA

Key resources:

- <https://www.nice.org.uk/guidance/ng92/>
- <https://www.nice.org.uk/guidance/ph39>
- <https://bnf.nice.org.uk/drug/varenicline.html>

Expert commentary:

Although data are not routinely collected in the UK, waterpipe use does appear to have increased in recent years. Many users regard it as safer than smoking. However, waterpipe ingredients and other smokeless tobacco products contain a large number of known carcinogens and have been shown to induce nicotine dependence. In addition, chewed tobacco products have been particularly associated with oral and pancreatic cancers while waterpipe use has been associated with respiratory diseases and lung cancer.²⁴ Mohammed readily agreed to make a quit attempt with pharmacotherapy and behavioural support as episodes when people make contact with hospitals are often teachable moments because serious disease is more likely to be an issue. He may require specialist support from a counsellor with expertise in the use of waterpipes or other smokeless tobacco products



PCRS Pragmatic Guides for Clinicians

Diagnosis and Management of Tobacco Dependency

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For more information & advice download the PCRS tobacco dependency pragmatic guide please go to <http://bit.ly/39F8OEx>

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