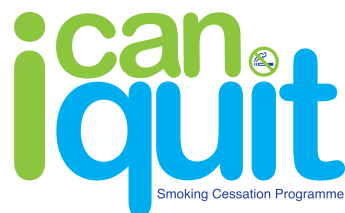


General Objectives of the Programme

- Identify your current smoking **patterns**
- Identify and acknowledge your own **reasons** why you want to stop smoking
- Identify **triggers** that encourage you to smoke and develop strategies to counteract/conquer them
- Learning how to **cope** with withdrawal symptoms
- Provision of **medications** to help quit the addiction
- Providing the general **support** to quit the addiction
- Participate in relaxation **techniques**
- Use nicotine replacement **therapy** correctly
- Choosing **healthy foods** that will prevent excessive weight gain as your smoking decreases
- Use all of the **tools and strategies** in the course to develop and activate your personal quit plan



When and where are meetings held

The programme is conducted twice a year (February and June). Each group session is seven (7) weeks and meetings are held on Wednesday evenings from 5:15pm to 6:45pm. Please contact the Public Health Department to confirm meeting location.

What is the cost and who can participate

The programme is funded by the Public Health Department and is therefore free of charge to the participant. Anyone wishing to quit smoking can take part in the programme.



HSA
Public Health
Health Services Authority

To Register, contact:
Sarah Frederick
sarah.frederick@hsa.ky
345 244 2889
hsa.ky

A photograph of a hand crushing several cigarettes into a pile of ash and tobacco on a yellow background.

ican iquit
Smoking Cessation Programme



HSA
Public Health
Health Services Authority

hsa.ky



What is this programme

The 'I Can Quit' Smoking Cessation Programme is designed to help persons quit their tobacco dependency through support from medical professionals, group meetings and medication.

What is done during each session

Each session follows the same general outline

Base-line testing

- collection of weight, blood pressure and CO levels

Welcome and Recap

- participants can share quitting experiences with the group

Learning and Sharing

- Information and skills for participants to gain insight on smoking and their quit strategies

Wrap-Up

- Closing activity and plan of action for the next session

Who is involved

The programme is organised and facilitated by the Public Health Department of the Cayman Islands. The Smoking Cessation team consists of trained health care professionals such as:

- General Practitioners
- Nutritionists
- Psychologists
- Psychiatrists
- Pharmacists
- Administrative personnel
- Certified Tobacco Treatment Specialist

Are there any requirements

Registration prior to the start of each programme is the only requirement other than your dedication to quit tobacco use. Participants are not required to quit smoking prior to starting the smoking cessation programme.

What if I miss signing up

If persons are unable to join the programme, they can still contact the Public Health Department to arrange assistance with quitting smoking.

What happens after the programme is completed

After the programme is completed, the coordinators remain in contact with the participants with weekly phone calls for up to three months. During this time, participants will still be provided with any medical assistance if needed.