

Brief intervention on Smoking Cessation – Online Training

Module 4: Existing Smoking Cessation Services in Hong Kong

Handouts

Introduction

- In Hong Kong, evidence-based smoking cessation services are provided by the Department of Health, several non-governmental organisations, tertiary institutions and the Hospital Authority.
- These services include telephone counselling, face-to-face counselling, pharmacotherapy and acupuncture.
- Details regarding the services can be found below.

Free services

1. Telephone Counselling

a. The Integrated Smoking Cessation Hotline of the Department of Health (“DH”)

Contact:	1833 183 (Press 1 after selecting language)
Target:	All smokers
Services:	<ul style="list-style-type: none"> • Smoking cessation counselling services by trained DH nurse counsellors during office hours • Providing nicotine dependence assessment and information on smoking cessation to callers • Referral to other smoking cessation service providers • Clients who are unable or unwilling to attend smoking cessation clinics can choose to receive proactive phone counselling service provided by DH nurse counsellors • Healthcare professionals can refer their clients to the Hotline by fax
Service hours:	<ul style="list-style-type: none"> • Mondays to Fridays 09:00 – 13:00 and 14:00 – 17:30 • Computerised call handling system – <ul style="list-style-type: none"> ○ 24 hours a day, 7 days a week
Languages:	Cantonese, Putonghua and English

b. Youth Quitline

Contact: 1833 183 (after selecting language, press 2, then press 4)

Target: Youth smokers aged 25 or below

- Services:
- Smoking cessation counselling by peer counsellors
 - Assessment of smoking behaviour and dependence level
 - Follow-up of smoking status

Service hours:

- Mondays to Fridays 10:00 – 22:00
- Saturdays 10:00 – 20:00

Language: Cantonese

c. HKU Women Quitline

- Contact:
- 6752 6266 / 3917 6658
 - Online registration



Target: Women smokers aged 15 years or above


- Services:
- Smoking cessation counselling by experienced nurse counsellors
 - Set-up of personalised quit plan

Service hours: Mondays to Fridays: 09:30 – 18:30

Languages: Cantonese and English

2. Pharmacotherapy combined with counselling

a. Tung Wah Group of Hospitals Integrated Centre on Smoking Cessation

Contact:	<ul style="list-style-type: none">• 1833 183 (after selecting language, press 2, then press 1)• Online registration  <ul style="list-style-type: none">• https://icsc.tungwahcsd.org/index.php?lang_id=2
Target:	All smokers
Services:	<ul style="list-style-type: none">• Health assessment• Set-up of personalised quit plan• Smoking cessation counselling by trained counsellors• Pharmacotherapy (nicotine replacement therapy and Varenicline)• Providing free postal service of nicotine replacement therapy
Location:	Wanchai, Kwun Tong, Tsuen Wan, Sha Tin, Tuen Mun and a mobile clinic
General service hours:	<ul style="list-style-type: none">• Mondays to Fridays: 09:00 – 13:00 and 14:00 – 17:00• Evening and Saturday services• Please refer to the above website for the service hours of specific centres or mobile clinic
Languages:	Cantonese, Putonghua and English

b. United Christian Nethersole Community Health Service

Contact:	<ul style="list-style-type: none">• 1833 183 (after selecting language, press 2, then press 2)• https://www.ucn.org.hk/en/?l=e&c=anti_smoke
Target:	All smokers, with services for the people of diverse race and new immigrants
Services:	<ul style="list-style-type: none">• Smoking cessation counselling by trained counsellors• Pharmacotherapy (nicotine replacement therapy and Varenicline)• Providing free postal service of nicotine replacement therapy
Location:	Tin Shui Wai, Jordon, Kwun Tong, Tai Po and Lam Tin
General service hours:	<ul style="list-style-type: none">• Mondays to Fridays: 09:00 – 18:00• Evening and Saturday services
Languages:	Chinese, English and most South Asian languages

3. Acupuncture combined with counselling

Pok Oi Smoking Cessation Programme using Acupuncture

Contact:	1833 183 (after selecting language, press 2, then press 3)
Target:	All smokers aged 18 and over
Services:	<ul style="list-style-type: none">• Acupuncture and auriculotherapy for smoking cessation• Smoking cessation counselling by trained Chinese medicine practitioners
Location:	Over 100 locations in Hong Kong (Please refer to: https://www.pokoi.org.hk/en/service/chinesemedical/)
General service hours:	<ul style="list-style-type: none">• Mondays to Fridays: 09:00 – 18:00• Evening and Saturday services• Please refer to the above website for the service hours of specific centres
Languages:	Cantonese, Putonghua and English

Paid service

Hospital Authority Smoking Cessation and Counselling Centres

Contact:	<ul style="list-style-type: none">• 1833 183 (after selecting language, press 2, then press 5)• 2300 7272
Target:	Inpatients and outpatients who are smokers
Services:	<ul style="list-style-type: none">• Smoking cessation counselling by registered nurses• Pharmacotherapy (nicotine replacement therapy and Varenicline)
Location:	Please refer to: https://www.ha.org.hk/HAquitsmoking/
Service hours:	<ul style="list-style-type: none">• Mondays to Fridays: 09:00 – 17:00• Saturdays: 09:00 – 13:00
Languages:	Cantonese, Putonghua and English

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