

# NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

## Guideline scope update

### Tobacco: preventing uptake, promoting quitting and treating dependence (update)

This guideline will update the [NICE guideline on tobacco: preventing uptake, promoting quitting and treating dependence NG209](#).

The guidance will be developed using the methods and processes outlined in [developing NICE guidelines: the manual](#).

#### 1 Why the update is needed

The surveillance process identified new evidence that could affect some recommendations in the existing guideline. Topic experts, including those who helped to develop the existing guidelines, advised NICE on whether areas should be updated or new areas added. Full details are set out in the [surveillance report 2020](#).

Please see the original scope for [tobacco: preventing uptake, promoting quitting and treating dependence](#).

#### 2 Who the guidance is for

This guideline update is for:

- commissioners and providers of stop smoking interventions and services
- providers of stop smoking interventions or services, including those in the voluntary and community sectors who have a role or responsibility for this
- health and social care professionals, including clinical leads in secondary care services and managers of clinical services
- practitioners working in local authorities (particularly those in public health and involved in advice about smoking cessation), education and the wider public, private, voluntary and community sectors

It may also be relevant for:

- those who want to stop smoking or want to help others to stop
- researchers and policy makers.

NICE guidelines cover health and care in England. Decisions on how they apply in other UK countries are made by ministers in the [Welsh Government](#), [Scottish Government](#) and [Northern Ireland Executive](#).

## **Equality considerations**

NICE carried out an [equality impact assessment](#) for the original guideline and has reviewed it for this update. No additions were made to the equality impact assessment. The assessment:

- lists equality issues identified, and how they have been addressed
- explains why any groups are excluded from the scope.

## **3 What the updated guidance will cover**

### **3.1 Who is the focus?**

#### **Groups that will be covered in this update**

- Adults who want to stop smoking.

### **3.2 Settings**

#### **Settings that will be covered**

- All settings where stop smoking advice is provided.

### **3.3 Activities, services or aspects of care**

#### **Area that will be covered in this update**

We will look at evidence in the area below when developing this update. We will consider making new recommendations or updating existing recommendations in this area only.

- 1 Stop smoking interventions
  - Allen Carr Easyway programme for smoking cessation

### Proposed outline for the guideline

Area of care	What NICE plans to do
Preventing uptake	No evidence review: retain recommendations from existing guideline
Promoting quitting	No evidence review: retain recommendations from existing guideline
Treating tobacco dependence	No evidence review: retain recommendations from existing guideline
Treating tobacco dependence: <ul style="list-style-type: none"> <li>• Stop-smoking interventions</li> </ul>	Review evidence related to the question in this update and update recommendations as needed
Treating tobacco dependence in pregnant women	No evidence review: retain recommendations from existing guideline
Policy, commissioning and training:	No evidence review: retain recommendations from existing guideline

### 3.4 Economic aspects

We will take economic aspects into account when making recommendations. We will review the economic evidence and carry out economic analyses, as appropriate.

### 3.5 Key issues and draft questions

While writing the scope for this updated guideline, we have identified the following draft review question:

- 1 Stop smoking interventions
  - 1.1 For adults who smoke, what is the effectiveness and cost effectiveness of the Allen Carr Easyway programme for smoking cessation?

### 3.6 PICO table for the review question

The main outcomes that may be considered when searching for and assessing the evidence are:

<b>Population</b>	Adults who smoke
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<b>Intervention</b>	Allen Carr Easyway (multicomponent programme that includes group cognitive behavioural and relaxation therapies without pharmacotherapy)
<b>Comparison</b>	Other stop smoking interventions
<b>Outcomes</b>	Smoking status at 6 months Relapse rates Adverse effects Health related quality of life, using validated measures

## 4 NICE quality standards

The guidance may be used to update the NICE quality standard on [smoking: reducing and preventing tobacco use](#).

### Further information

This is the final scope for this guideline.

The guideline is expected to be published in August 2022.

You can follow progress of the [guideline](#). Our website has information about how [NICE guidelines](#) are developed.

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