

APPENDIX 1 – INFORMATION SHEET FOR GENERAL PRACTITIONERS

Dear

Smoking after the age of 65 years: a study of the views of smokers, people who have stopped smoking and health professionals

We are writing in relation to the above study, which is being undertaken with the support of the Greater Glasgow Primary Care Trust Research & Development Directorate.

We are undertaking a project for PATH (part of ASH Scotland), in which we hope to develop specific smoking cessation training resources for staff working with older smokers. Stopping smoking in later life of course can be particularly difficult, as older smokers have generally smoked over a lengthy period and their level of nicotine addiction is high. In order to develop resources that will be useful, we would like to involve older adults themselves in the development of the training resources.

Recruiting older smokers: We hope to recruit the older smokers/former smokers through 6 general practices in the Greater Glasgow Primary Care NHS Trust. Your practice has been selected as one of the practices we would like to include and we are therefore writing to ask whether you would consider being involved. Practices that agree to participate will be asked to identify a total of [number] current smokers (65+ years of age) and [number] people who stopped smoking after the age of 65 years. In order to comply with current data protection legislation, participating practices will be asked to send a study information pack provided by the research team to the [number] patients who have been identified. Patients who wish to participate will be asked to sign and return a consent form to the research team.

What next? We understand that this is a very busy time for most general practices and that you will have a number of competing priorities; however we do hope that you might consider being involved. *Payment will be made to your practice for the identification of suitable patients and for sending out the letters.* If you would like to discuss potential involvement in the study, please complete and return the attached form in the envelope provided within the next 7 days, or alternatively, phone Susan Kerr on Tel. 0141 331 8374. Susan will be happy to meet with you to discuss in more depth what your involvement would entail and what payment will be made to your practice if you participate.

We very much look forward to hearing from you.

Yours sincerely,

Susan Kerr
Senior Research Fellow

Hazel Watson
Professor of Nursing

PLEASE RETURN THIS FORM IN THE ENVELOPE PROVIDED

Research project: Smoking after the age of 65 years: a study of the views of smokers, people who have stopped smoking and health professionals.

Research Team Contact: Susan Kerr, Senior Research Fellow, School of Nursing, Midwifery & Community Health, Glasgow Caledonian University, Cowcaddens Road, Glasgow G4 0BA. Tel. 331 8374 E.mail s.m.kerr@gcal.ac.uk Fax. 331 8312.

_____ YOUR NAME (PLEASE PRINT)

_____ ADDRESS

_____ TELEPHONE NUMBER

I have read the information about the above project and would like to meet to discuss potential involvement, including payment to my Practice.

I have read the information about the above project and would not like to be involved.

APPENDIX 2 - INFORMATION SHEET (CURRENT SMOKERS)

Title of the study

Smoking after the age of 65 years: a study of the **views of smokers**, people who have stopped smoking and health professionals.

Why am I writing to you?

I am writing to invite you to take part in a study. Before you decide whether to take part it is important that you understand why the research is being done and what it will involve. Please take time to read the following information and discuss it with relatives or your GP, if you wish, before making up your mind.

Why have you been contacted and what is the study about?

You have been selected because you are over the age of 65 years and you are a smoker. You have been contacted along with a number other people who are patients at Dr [name taken out] surgery. I am also contacting people who are registered with other GP Practices in Glasgow.

The aim of this part of the study is to find out people's views on smoking and also on any information and advice that may have been given over the years about stopping smoking by health professionals (eg. doctors, nurses or a local chemist). Please note that the aim of the study is not to encourage you to stop smoking.

Who is carrying out the study?

The study is being carried by myself Susan Kerr, and a team of people that includes both nurses and general practitioners.

The study is based in the School of Nursing, Midwifery & Community Health at Glasgow Caledonian University and is funded by an organisation called PATH (Partnership Action on Tobacco & Health).

If you agree to take part in the study what will happen?

If you agree to take part in the study I will contact you within the next two weeks to arrange a suitable time to meet. I will be happy to come to your house to speak to you or you can come to the University, if you would prefer (we will pay for a taxi).

If you agree, I would like to tape-record the interview. The interview will then be typed up by myself and I will send you a summary to make sure that you agree with what I have written. You should be reassured that anything that we talk about will be kept strictly confidential. Your name will be replaced by an identification number.

What will happen to the results of the study?

The study results will be published in a report that will be submitted to the people who funded it (ie. PATH). We also plan to publish the results in nursing and medical journals. People who have taken part in the study will not be identified in any way. If you agree to take part in the study, I will be happy to send you a summary of the results.

What should you do if you would like to take part?

If you would like to take part in the study, I will be very grateful. Please sign and return the enclosed Consent Form in the envelope provided within the next 7 days (you don't need a stamp). If however you would like more information about the study before making up your mind, please contact me (Susan Kerr) on Tel 331 8374. I will be very happy to answer any questions that you have. Please note that people who take part in the study will be paid £20.

What will happen if you don't take part in the study?

Participation in the study is entirely voluntary. If you don't take part, it will not affect your care from your GP or other health service staff in any way. Also, if you agree to take part at this point, you are free to change your mind and withdraw at any time.

THANK YOU FOR TAKING THE TIME TO READ THIS INFORMATION

APPENDIX 3 - INFORMATION SHEET (FORMER SMOKERS)

Title of the study

Smoking after the age of 65 years: a study of the views of smokers, **people who have stopped smoking** and health professionals.

Why am I writing to you?

I am writing to invite you to take part in a study. Before you decide whether to take part it is important that you understand why the research is being done and what it will involve. Please take time to read the following information and discuss it with relatives or your GP, if you wish, before making up your mind.

What is the study about and why have you been contacted?

You have been selected because you stopped smoking after the age of 65 years and you have not smoked for at least 6 months. You have been contacted along with a number of other former smokers who are patients at Dr [name taken out] surgery. I am also contacting former smokers who are registered with other GP Practices in Glasgow.

The aim of this part of the study is to find out people's views on smoking, stopping smoking and also on any information and advice that may have been given over the years about stopping smoking by health professionals (eg. doctors, nurses or a local chemist).

Who is carrying out the study?

The study is being carried out by myself Susan Kerr, and a team of people that includes both nurses and general practitioners.

The study is based in the School of Nursing, Midwifery & Community Health at Glasgow Caledonian University and is funded by an organisation called PATH (Partnership Action on Tobacco & Health).

If you agree to take part in the study what will happen?

If you agree to take part in the study I will contact you within the next two weeks to arrange a suitable time to meet. I will be happy to come to your house to speak to you or you can come to the University, if you would prefer (we will pay for a taxi).

If you agree, I would like to tape-record the interview. The interview will then be typed up by myself and I will send you a summary to make sure that you agree with what I have written. You should be reassured that anything that we talk about will be kept strictly confidential. Your name will be replaced by an identification number.

What will happen to the results of the study?

The study results will be published in a report that will be submitted to the people who funded it (ie. PATH). We also plan to publish the results in nursing and medical journals. People who have taken part in the study will not be identified in any way. If you agree to take part in the study, I will be happy to send you a summary of the results.

What should you do if you would like to take part?

If you would like to take part in the study, I will be very grateful. Please sign and return the enclosed Consent Form in the envelope provided within the next 7 days (you don't need a stamp). If however you would like more information about the study before making up your mind, please contact me (Susan Kerr) on Tel 331 8374. I will be very happy to answer any questions that you have. Please note that people who take part in the study will be paid £20.

What will happen if you don't take part in the study?

Participation in the study is entirely voluntary. If you don't take part, it will not affect your care from your GP or other health service staff in any way. Also, if you agree to take part at this point, you are free to change your mind and withdraw at any time.

THANK YOU FOR TAKING THE TIME TO READ THIS INFORMATION

APPENDIX 4 - CONSENT FORM (CURRENT/FORMER SMOKERS)

Title of Project: Smoking after the age of 65 years: a study of the views of smokers, people who have stopped smoking and health professionals.

Name of Lead Researcher: Susan Kerr, School of Nursing, Midwifery & Community Health, Glasgow Caledonian University, Cowcaddens Road, Glasgow G4 OBA. Tel. 331 8374.

Please initial the boxes and then sign below

1. I confirm that I have read and understand the information sheet for the above study and have had the opportunity to ask questions.

2. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving a reason [and without my medical care or legal rights being affected].

3. I agree to the interview being tape-recorded.

4. I agree to take part in the above study

Name of participant _____ Date _____ Signature _____

Researcher _____ Date _____ Signature _____

_____ (PLEASE PRINT YOUR NAME)

_____ (ADDRESS)

_____ (POSTCODE)

_____ (PLEASE ADD YOUR TELEPHONE NUMBER)

APPENDIX 5 – RECRUITMENT FLYER (WSSF)

GLASGOW



CALEDONIAN
UNIVERSITY

Do you live in Glasgow/Greater Glasgow?

Are you over the age of 65 years?

Do you smoke or did you give up smoking after the age of 65 years?

If the answer to all of these questions is YES, I would like to speak to you.

I am currently recruiting people who smoke, or who stopped smoking after the age of 65 years, to take part in a study. The study is funded by an organization called PATH and is being undertaken by a team of researchers at Glasgow Caledonian University. The aim of the study is not to encourage smokers to stop smoking. What I want to do is to talk to people about their views of smoking and any contact they have had with health professionals where smoking was discussed.

If you would like to find out more about the study please contact me (Susan Kerr) on Tel. 0141 331 8374, I will be happy to send you an information pack. People who take part in the study will receive a payment of £20.

I look forward to hearing from you

APPENDIX 6 - PRACTICE NURSE INFORMATION SHEET

Title of the study

Smoking after the age of 65 years: a study of the views of smokers, people who have stopped smoking and **health professionals**.

Why am I writing to you?

I am writing to invite you to take part in a study which is being undertaken with the support of the Greater Glasgow Primary Care Trust. This information sheet explains what the study is about and tells you what you will be asked to do if you would like to take part.

What is the study about and why have you been contacted?

The aim of the study is to gather information that will be used to develop smoking-cessation training resources for older smokers (ie. people who are 65 years and older) and members of the primary care team who have contact with older people who smoke.

You have been selected because you are currently working as a practice nurse. You have been contacted along with general practitioners, health visitors and district nurses who work in approximately 30 practices spread throughout the Greater Glasgow Primary Care Trust. I know that the majority of Practice Nurses have contact with older smokers, often during chronic disease management clinics, and I therefore feel that you will have knowledge and experience that could help us in the development of smoking cessation training resources for older smokers.

Who is carrying out the study?

The study is being carried out by a team of people that includes myself (Susan Kerr), Professor Hazel Watson, Professor Debbie Tolson, Dr Murray Lough (GP/NHS Education Scotland) and Dr Malcolm Brown (GP).

The study is based in the School of Nursing, Midwifery & Community Health at Glasgow Caledonian University and is funded by an organisation called PATH (Partnership Action on Tobacco & Health), which is part of ASH Scotland.

If you agree to take part in the study what will happen?

If you agree to take part in the study I will contact you within the next two weeks to arrange a suitable time to meet. I will be happy to come to the surgery where you work, or you can come to the University, if you would prefer. The meeting should take no longer than 30 minutes.

With your permission, I would like to record our conversation. This is to make sure that I have an accurate account of what was discussed. The recording will then be summarised (by myself), with a copy of the transcript being sent back to you to make sure that you agree with what has been written. The content of individual transcripts will be confidential. Also, the study participants' names will be replaced by identification numbers.

What will happen to the results of the study?

The study results will be published in a report that will be submitted to the funding body (ie. PATH). We also plan to publish the results in nursing and medical journals. Please note that people who have taken part in the study will not be identified in any way. If you agree to take part in the study, I will be happy to send you a summary of the results.

Also, at the end of the research we plan to develop resources for older smokers and members of the primary care team who are working with older people who smoke.

What should you do if you would like to take part?

If you would like to take part in the study, I will be very grateful. **Please return the enclosed Consent Form in the stamped-addressed provided within the next 7 days.** If however you would like more information about the study before making up your mind, please contact me (Susan Kerr) on Tel. 331 8374 or e.mail S.M.Kerr@gcal.ac.uk. I will be very happy to answer any questions that you may have.

What will happen if you don't take part in the study?

Participation in the study is entirely voluntary. Also, please note that if you agree to take part at this point, you are free to change your mind and withdraw at any time.

THANK YOU FOR TAKING THE TIME TO READ THIS INFORMATION

APPENDIX 7 – PCT CONSENT FORM

Title of Project: Smoking after the age of 65 years: a study of the views of smokers, people who have stopped smoking and **health professionals**.

Name and address of Lead Researcher: Susan Kerr, Senior Research Fellow, School of Nursing, Midwifery & Community Health, Glasgow Caledonian University, Cowcaddens Road, Glasgow G4 OBA. Tel. 0141 331 8374.

Please initial the boxes and then sign below

1. I confirm that I have read and understand the information sheet for the above study and have had the opportunity to ask questions.
2. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving a reason.
3. I agree to the interview being tape-recorded.
4. I agree to take part in the above study.

 Name of participant Date Signature

 Researcher Date Signature

 (PLEASE PRINT YOUR NAME)

 (WORKPLACE ADDRESS)

 (POSTCODE)

 (PLEASE ADD YOUR TELEPHONE NUMBER)

APPENDIX 8 - QUESTIONNAIRE (CURRENT SMOKERS)

1. Please state your sex.

Male

Female

2. What age are you?

65-74 years

75-84 years

85+ years

3. What is your postcode?

G _ _ _ _ _

4. For how many years have you smoked?

Less than 10 years

10-19 years

20-29 years

30-39 years

40-49 years

50 years or more

APPENDIX 9 - QUESTIONNAIRE (FORMER SMOKERS)

1. Please state your sex.

Male

Female

2. What age are you?

65-74 years

75-84 years

85+ years

3. What is your postcode?

G _ _ _ _ _

4. How long ago did you stop smoking?

Less than 1 year

1-5 years

6-9 years

10-14 years

15-19 years

20 years or more

5. How many cigarettes did you smoke per day before you gave up?

10 or less

11-20

21-30

31 or more

6. For how many years had you been a 'smoker' when you gave up?

- Less than 10 years
- 10-19 years
- 20-29 years
- 30-39 years
- 40-49 years
- 50 years or more

APPENDIX 10 – FAGERSTRÖM TEST FOR NICOTINE DEPENDENCE

1. **How soon after you wake up do you smoke your first cigarette?**
Within 5 minutes
6-30 minutes
31-60 minutes
More than 60 minutes

2. **Do you find it difficult not to smoke in places where it is forbidden e.g. on a bus or in your GP's surgery?**
Yes
No

3. **Which cigarette/s would you hate most to give up?**
The first one in the morning
All others

4. **How many cigarettes do you smoke per day?**
10 or less
11-20
21-30
31 or more

5. **Do you smoke more frequently during the first hours after waking than during the rest of the day?**
Yes
No

6. **Do you smoke if you are so ill that you are in bed most of the day?**
Yes
No

APPENDIX 11 - INTERVIEW GUIDE (CURRENT SMOKERS)

Smoking history

- What age did you start smoking?
- Do you remember what made you start smoking?
- How many years have you been a ‘smoker’?
- Do many of your friends and family smoke?

Reasons continue to smoke/what are some of the good things about smoking

- Pleasure associated with smoking
- Difficulties in stopping (addiction, habit)
- Other reasons (eg. reduces stress, boredom)

Effects of smoking/are there any bad things about smoking

- Do you think that smoking has affected your health in any way?
- Do you have any friends or family where you feel smoking has affected their health?
- Are there any negative sides to smoking (eg. cost)?

Views on the impact/benefits of stopping smoking in later life

- Do you think that there is any point in stopping smoking at your age?
- Do you think that other people who are 65+ years might benefit from stopping smoking (eg. friends or family)?

Barriers to smoking cessation in later life/what prevents you from stopping

- Level of addiction
- Habit
- Smoking habits of friends and family
- Other issues (eg. housebound, boredom, stress)

Cues/triggers to a cessation attempt

- Is there anything that would make you attempt to stop smoking at this point in your life (or in the past few years)?
- What do you think makes other people try to stop after the age of 65 years?

Previous quit attempts

- Have you ever attempted to stop smoking over the years?
- What prompted an attempt/your attempts to stop smoking (cues/triggers)?
- What methods did you use to try and help you stop (eg. willpower, NRT)?
- How successful was/were your attempt/s to stop smoking?

Input of health professionals/other professionals (eg. pharmacists)

- Out-patient appointments
- In-patient care
- Contact with members of the Primary Care Team (GP, practice nurse, health visitor, district nurse)
- Contact with other professionals (eg. pharmacists)
- Approaches taken (behavioural and/or pharmacological)
- Effective/not effective

Local smoking cessation services

- Do you know what services are available locally to help people who want to stop smoking?

Views on what type of smoking cessation intervention would/could be effective?

- How delivered (what methods)?
- Delivered by whom?

Tailored smoking cessation services for older smokers

Do you think that the help that **older people** need to help them stop smoking is any different to the support that **younger people** need (provide details)?

Any other issues that you think are important (that I haven't covered)?

APPENDIX 12 - INTERVIEW GUIDE (FORMER SMOKERS)

Smoking history

- What age were you when you started smoking?
- Do you remember what made you start smoking?
- How many years did you smoke?
- How many years is it since you stopped smoking?
- Do many of your friends and family smoke?
- Have many of your friends and family stopped smoking over the years?

Reasons stopped smoking

- Impact on health
- Influence of family
- Influence of health professionals (PCT, outpatient/inpatient appointments)
- Cost
- Other influences

Methods used to stop smoking/input of health professionals

- Own willpower
- Support of family and friends
- Support from members of the Primary Care team (GP, practice nurse, health visitor, district nurse) or other health professionals
- Contact with other professionals (eg. pharmacists, group work sessions)
- Approaches taken (eg. behavioural and/or pharmacological)
- Effective/not effective

Previous quit attempts

- Had you ever attempted to stop smoking before (how many attempts)?
- What methods did you use previously?
- What did you learn (if anything) from previous attempts to stop smoking?

Views on the impact of stopping smoking in later life/is there always benefit?

- Any benefits (eg. health + financial) to self and others
- What do you think your health would be like today if you hadn't stopped smoking when you did?
- Any negative consequences related to stopping smoking?

Barriers to smoking cessation in later life

- What do you think are some of the things that might make it difficult for other people to stop smoking after the age of 65 years?
- Do you think that it is more difficult to stop smoking when you are older (ie. 65+ years) than when you are younger?

Views on the type of smoking cessation intervention that would be most effective for others?

- What type of support?
- How delivered?
- Delivered by whom?

Encouraging people who are 65 + to stop smoking

- Do you have any advice that you think might be helpful for people who are 65+ years of age and who **don't** want to give up smoking?
- Do you have any advice that you think might be helpful for people who are 65+ years of age and who **do want** to give up smoking but think it will be too difficult?

Any other issues that I haven't discussed that you feel are relevant?

APPENDIX 13 - PRIMARY CARE TEAM QUESTIONNAIRE

1. Which of the following describes your current professional role?

- | | | | |
|------------------------|--------------------------|------------------------|--------------------------|
| Practice Nurse | <input type="checkbox"/> | District Nurse | <input type="checkbox"/> |
| Health Visitor | <input type="checkbox"/> | District Nurse Support | <input type="checkbox"/> |
| Health Visitor Support | <input type="checkbox"/> | General Practitioner | <input type="checkbox"/> |

2. How many years experience have you had of working in this role?

- | | |
|------------------|--------------------------|
| less than 1 year | <input type="checkbox"/> |
| 1-5 years | <input type="checkbox"/> |
| 6-9 years | <input type="checkbox"/> |
| 10-14 years | <input type="checkbox"/> |
| 15-19 years | <input type="checkbox"/> |
| 20 years or more | <input type="checkbox"/> |

3. In which LHCC do you work?

- | | | | |
|--------------------------------|--------------------------|-------------------|--------------------------|
| Anniesland/Bearsden/ Milngavie | <input type="checkbox"/> | Greater Shawlands | <input type="checkbox"/> |
| Bridgeton | <input type="checkbox"/> | Maryhill/Woodside | <input type="checkbox"/> |
| Camglen | <input type="checkbox"/> | North | <input type="checkbox"/> |
| Clydebank | <input type="checkbox"/> | Riverside | <input type="checkbox"/> |
| Dennistoun | <input type="checkbox"/> | South East | <input type="checkbox"/> |
| Drumchapel | <input type="checkbox"/> | South West | <input type="checkbox"/> |
| Eastern | <input type="checkbox"/> | Strathkelvin | <input type="checkbox"/> |
| Eastwood | <input type="checkbox"/> | West One | <input type="checkbox"/> |

4. Please state your gender

- | | | | |
|------|--------------------------|--------|--------------------------|
| Male | <input type="checkbox"/> | Female | <input type="checkbox"/> |
|------|--------------------------|--------|--------------------------|

5. Please indicate your age

- | | | | |
|-------------|--------------------------|-------------|--------------------------|
| < 25 years | <input type="checkbox"/> | 45-54 years | <input type="checkbox"/> |
| 25-34 years | <input type="checkbox"/> | 55-64 years | <input type="checkbox"/> |
| 35-44 years | <input type="checkbox"/> | 65+ years | <input type="checkbox"/> |

6a. Have you undertaken any training/education in smoking cessation initiatives/interventions?

Yes No Unsure/can't remember

6b. If yes, please provide details (including which organisation provided the training, the length of training, and when the training was undertaken). PLEASE PRINT.

7. What statement best describes your own smoking status.

I have never smoked

I am a former smoker

I am a current smoker

APPENDIX 14 - INTERVIEW GUIDE NURSES

Contact with Older Smokers

- How much contact do you have with older people who smoke on a daily/weekly basis?
- In what type of situations does your contact generally occur (home visits; surgery/clinic visits)?
- Is your contact with older smokers generally over a prolonged period, or do you see quite a few older smokers on just 1 or 2 occasions?

Effects of smoking

- Do you think that any of the older smokers you have contact with are suffering from the effects of smoking (ask to give examples of any smoking-related illnesses/conditions)?
- Do you think that the older smokers you have contact with think/believe that smoking has damaged their health in any way?

Impact of stopping smoking

- Do you think that the older smokers you have contact with would benefit from stopping smoking (is the damage done)?
- Do you think that the **older people you have contact with** think that they would benefit from stopping smoking

Smoking cessation in later life

- Have many of the older smokers you have had contact with managed to stop smoking in later life (if yes, what methods did they use to help them stop)?
- What do you think are the key factors that encourage people to try to stop smoking when they are older (eg. health, family members, financial constraints, input of health professionals)
- What do you think are the key factors that prevent older people from stopping smoking/attempting to stop smoking (eg. level of addiction, older smokers' health beliefs)

Provision of smoking cessation information and advice

- Do you ever discuss smoking/stopping smoking with the older people you have contact with?
- Do you find it easy to bring up the subject of stopping smoking (effect on relationship)?
- **If you do discuss the subject** of smoking cessation, how do you bring it up?
- What approach do you take if you are trying to encourage an older person to stop smoking, or to cut down their consumption (behavioural, pharmacological)
- How successful do you think you are/you have been in helping older people to stop smoking (or to cut down)?
- Do you find that there are any differences in discussing smoking cessation with older adults compared to younger adults?
- How do older smokers generally receive information and advice on stopping smoking (eg. are they alienated)?

Referral to other health professionals/agencies

- Have you ever referred an older smoker you have had contact with to other health professionals for smoking cessation advice (give examples and state how often has referred)?
- What type of help and support do these other professionals/agencies provide?
- How successful do you think these other health professionals/agencies are in helping older adults to stop smoking (any objective evidence)?

Tailored services for older smokers

- Do you think that the help and support that older smokers require to help them stop smoking is any different to the help and support required by younger smokers (provide details)?

Smoking cessation training/education

- Have you ever undertaken any smoking cessation training (if yes, how useful was it)?
- How useful do you think that this type of training might be for you (if hasn't undertaken training)?
- If you think training might be useful, what sort of training do you think would be appropriate?

Smoking cessation guidelines

- Are you aware of the Smoking Cessation Guidelines for Scotland (see guide for health professionals)?
- If you have heard of the Smoking Cessation Guidelines, do you use them/how useful are they (4 A's approach, stepped care)
- Have you ever had any contact with/heard of Smoking Concerns?
- Have you ever had any contact with your local smoking cessation coordinator/facilitators?

Other issues

- Are there any other issues that you would like to discuss that you feel are relevant to older smokers/health professionals working with older smokers

APPENDIX 15 - INTERVIEW GUIDE GPS

Contact with Older Smokers

- What percentage of your Practice population is over the age of 65 years (approximate)?
- Do many of your older patients smoke (do you keep a record of your patients' smoking status)?
- How much contact do you have with older patients who smoke on a daily/weekly basis?

Effects of smoking

- Are many of your patients who are older smokers suffering from the effects of smoking (ask to give examples of any smoking-related illnesses/conditions)?
- Do you think that the older smokers you have contact with think/believe that smoking has damaged their health?
- It has been said that smoking can reduce the effectiveness of some of the medications that are often prescribed in later life (eg. for arthritis, hypertension, diabetes), what are your views on this?

Impact of stopping smoking

- Do you think that there is always benefit in stopping smoking in later life (ask for any examples of when there might be little benefit)?
- Do you think that older smokers always believe that they would benefit from stopping smoking (do they believe that the damage is done)?

Smoking cessation in later life

- What do you think are the key factors that encourage patients to try to stop smoking when they are older (eg. health, family members, financial constraints, input of health professionals)
- What do you think are the key factors that prevent older patients from stopping smoking/attempting to stop smoking (eg. level of addiction, older smokers' health beliefs)

Provision of smoking cessation information and advice

- Do you generally discuss smoking/stopping smoking with the older patients you have contact with?
- Do you find it easy to bring up the subject of stopping smoking (affect on relationship)?
- What approach do you take if you are trying to help/encourage an older person to stop smoking, or to cut down their consumption?
- Do you prescribe NRT or Zyban for many of the older smokers that you see (views on how well these products work with an older adult population)?
- Have many of your older patients managed to stop smoking in later life (what methods to they generally use)?
- Do you find that there are any differences in discussing smoking cessation with older patients compared to younger patients?
- How do older patients generally receive information and advice on stopping smoking (eg. are they alienated)?

Referral to other health professionals/agencies

- Do you ever refer older patients who smoke to other health professionals/professionals for smoking cessation advice (give examples and state how often has referred)?
- What type of help and support do these other professionals/agencies provide?
- How successful do you think these other health professionals/agencies are in helping older adults to stop smoking (any objective evidence)?

Tailored services for older smokers

- Do you think that the help and support that older smokers require to help them stop smoking is any different to the help and support required by younger smokers (provide details)?

Smoking cessation training/education

- Have you ever undertaken any smoking cessation training (if yes, how useful was it)?
- How useful do you think that this type of training might be for GPs (if hasn't undertaken training)?
- If you think training might be useful, what sort of training do you think would be appropriate for GPs?

Smoking cessation guidelines

- Do you remember whether your Practice received a copy of the Smoking Cessation Guidelines for Scotland (see guide for health professionals)?
- Has your Practice had any contact with Smoking Concerns?
- Has your Practice ever had any contact with the local smoking cessation coordinator/facilitators (works in LHCC)?

New GP Contract

- I have heard that the new GP contract has a section that relates to smoking (smoking status should be documented along with any advice given), what are your views on this?

Other issues

- Are there any other issues that you would like to discuss that you feel are relevant to older smokers/health professionals working with older smokers