

Snap That Stick in Two

Did you know the average smoker takes about 5 to 7 attempts to quit their habit before they are actually successful? Most people who try to quit without any help often try many different things. And while some finally stumble on a solution, most of the time, their efforts are unsuccessful and they just give up trying to quit. This is what motivated IJN to establish an in-house Quit Smoking Clinic to help our clients kick the habit as smoking remains a significant risk factor in heart disease.



In February 2008, IJN started its own Quit Smoking Clinic (QSC).

Clinics are conducted by experienced senior nursing professionals. This clinic is open to everyone.

The Clinic aims to create awareness of the consequences of smoking and help smokers deal with all aspects of their addiction to nicotine.

Being a highly addictive substance, nicotine dependence is the reason why participants find it difficult to quit even when they want to.

The Quit smoking program is tailored to each individual's needs and consists of a combination of counselling, lifestyle modification and medications if necessary. Medications consist of nicotine or non-nicotine replacement therapy.

A public forum is held every year as part of the Quit Smoking Clinic program to recognize individuals who had successfully quit smoking while encouraging and motivating others still struggling with their habit.

A ceremony is held with awarding of certificates to these 'graduates' of the Quit Smoking Clinic program along with sharing of their experiences and challenges faced on their journey towards quitting.



The Quit Smoking Clinic is conducted everyday except Tuesday from 8am to 5pm. For an appointment, contact us at
03 2617 8844