

Providing Tobacco Cessation Counseling* (Individual Intense Intervention)

1. Assess stage of change/motivation

Stage of change form

Motivation/Confidence: scale 1-10 for both motivation and confidence (see Mayo Clinic guidelines and motivational counseling guidelines)

If confidence low, what will it take to get you to a 10?

2. Complete intake form

Nicotine use history, triggers, past quit attempts

Insert form

3. Ask what they want from you?

Emphasizes their role in quitting; your role as change agent/facilitator

4. Discuss nicotine addiction

3-fold addiction: physical (72-96 hrs), behavioral (changing habits – active process; 21-30 days), emotional (use of nicotine to handle stress, anger, anxiety – still will have these emotions, how handle w/out nicotine?)

Stress mgmt techniques (deep breathing, relaxation, communication – refer to F&FSC)

5. Discuss triggers/set action plan for dealing w/triggers

Review each trigger, have patient identify how they will do that behavior different/avoid that trigger – emphasize active change process

Detail car, home, worksite

6. Discuss cravings/ 4Ds to deal w/cravings, HALT

Review handout, engage patient to identify things that will work for them – again, active plan vice passive “hoping”

7. Assess support community; offer quitlines 1-800-QUITNOW; identify helpers @ work/home

Make them identify one individual at work who is non-smoker and one person in family (kids are often good motivators, spouses sometimes, but assess “nag” factor)

Emphasize need to log onto ucanquit2 and mark on favorites @ work & @home

8. Review quit options – pros/cons of each approach

Cold turkey

Taper

Medication assistance

9. Review medication options/side effects (include dosing chart, handouts) and appropriate use

NRT – gum & patch

Zyban

Chantix

Use Treating Tobacco Use and Dependence 2008 Update handout

10. Complete med history/quit contract

Complete HR smoking cessation PMH

11. Discuss f/u/long-term counseling; no failures, just one step closer to quit

Emphasize that nicotine addiction characterized by multiple (6-10) quit attempts – if not successful, don't give up – call for more assistance, medication adjustment

12. Give contact info; set f/u appt for 2 wks after discussion

2-week f/u to reinforce quit plan, assess for med issues

13. Make record entry/order meds

Template

HR smoking cessation

Ordering meds

Handouts for each patient:

ACS class manual

JAMA Smoking & the heart

4 Ds

American Lung Association or NMCPHC relaxation CD

List of quitlines/websites

* From Ms Dorothy O'Very, Health Promotion Director NACC New Orleans