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