

► Medical Support for Quitting Smoking

for smokers and ex-smokers who have quit for < 6 months

Identification of patient

1. ASK

1.1 SMOKING HISTORY

- No. of years you have smoked?
- Average no. of cigarettes you smoke daily?
- First cigarette of the day? minutes after waking up
- Longest attempt to quit? or Quit ago.....
 - Main motivation?
 - Method used?
 - Cause of relapse, if any?

Use this information as a guide to the next attempt to quit smoking.

1.2 STAGE OF CHANGE

Do you intend to quit smoking?

- No (precontemplation)
- Yes, in...
 - ≥ 1 month (contemplation)
 - < 1 month (preparation)
- I quit < 6 months ago (action or maintenance)

Precontemplation or contemplation stage of ≥ 1 month = Patient is NOT READY!

Preparation stage of < 1 month = Patient is READY!

Action or maintenance stage Patient has QUIT SMOKING

1.3 MOTIVATIONS With regard to quitting smoking, what, for you, are...

The *pros* of quitting smoking?

The *cons* of quitting smoking?

Decisive *arguments*?

Anticipated obstacles (including withdrawal symptoms)?

The *benefits* felt?

The *inconveniences* experienced?

2. DISCUSS

- The importance of quitting as soon as possible by personalizing the message
- The dangers of second-hand smoke
- Whether they agree to discuss again later

- Congratulations for making the decision
- Winning strategies:
- Agreeing to set a date to quit

- Congratulations on the results
- Total abstinence
- Strategies for inconveniences experienced.....
- In the event of a relapse, agreeing to try again with new strategies.....

3. GIVE

- If the patient agrees:
- Educational material
 - Support and a followup appointment
 - Referral to a resource (back)

- Educational material
- Pharmacological aids:
- Appointment or followup call in the month after the quitting date
- Referral to a resource (back)

- If required:
- Educational material
 - Pharmacological aids:
 - A followup appointment
 - Referral to a resource (back)

Signature : Date :

March 2007

