

Recent quit or maintenance

- Congratulate on being nicotine free
- Prevent relapse
- Discuss postpartum intentions
- Continuing support
- Discuss benefits of staying quit
- Reinforce coping strategies
- Total abstinence
- Follow-up

Relapse

- Prevent
- Recycle
- Many relapse several times before able to stay quit
- Discuss problems encountered
- Discuss pharmacotherapy, group, and intensive counseling

Pharmacotherapy

- Nicotine patch
 - Nicotine gum
 - Nicotine nasal spray
 - Nicotine inhaler
 - Bupropion SR
 - Lozenge
- (review contraindications)

"Smokers cite a physician's advice to quit as an important motivator for attempting to stop smoking." *JAMA*, June 28, 2000

"A brief counseling session of 5-15 minutes, when delivered by a trained provider with the provision of pregnancy-specific self-help materials, significantly increases cessation rates among pregnant smokers." *Tobacco Control*, September 2000

"Exposure to environmental tobacco smoke increases the incidence of ear infection, asthma, SIDS, pneumonia, and bronchitis in children." *Pediatrics*, April 1997

For more information call
Clean Air for Healthy Children:
 Ph: 484 446-3002
 800 375-5217 (PA only)
 Fax: 484 446-3255



DEPARTMENT OF HEALTH
 Edward G. Rendell, Governor
 Calvin B. Johnson, M.D., M.P.H.,
 Secretary of Health

American Academy of Pediatrics
 DEDICATED TO THE HEALTH OF ALL CHILDREN®
 Pennsylvania Chapter

FREE Quitline 1-800-QUIT-NOW
 Available 24 hours-a-day, 7 days-a-week

THE 5 A's OF SMOKING CESSATION COUNSELING

- A**SK (Survey)
- A**DVISE (Teachable moment)
- A**SSESS (Assess)
- A**SSIST (Give)
- A**RRANGE (Evaluate)

Clinician Action: Support Client Motivation
 Preparation ready to set quit date

Remember

- Congratulate
- Set quit date
- Instill confidence
- Help plan
- Offer support
- Identify outside support

Remember

- Discuss concerns/triggers
- Discuss previous quit attempts
- Review self-help booklet
- Total abstinence
- Pharmacotherapy

"Congratulations on setting a quit date! We are here to help you. Do you want to discuss your quit plan?"

Clinician Action: Enhance Client Motivation
 not ready - interested

Remember

- Relevance to smoker today
- Risks to smoker long term
- Rewards of quitting
- Roadblocks (i.e. other smokers)
- Repetition at follow-up visits

Remember

- Listen
- Empathy
- Educate
- Self-help booklet
- Pharmacotherapy

"I am glad you are thinking about quitting. Quitting is one of the best things you can do for yourself and your family."

Clinician Action: Motivate Client to Quit
 not ready - not interested

Remember

- Relevance to smoker today
- Risks to smoker long term
- Rewards of quitting
- Roadblocks (i.e. other smokers)
- Repetition at follow-up visits

Remember

- Listen
- Empathy
- Educate
- Self-help booklet
- Pharmacotherapy

"It sounds like you are not interested in quitting at this time. If you change your mind we may be able to help you."

"Are you ready to set a quit date in the next 30 days?"



"Are you interested in quitting with our help?"

