

Day 1, Handout 3

Patient profiles

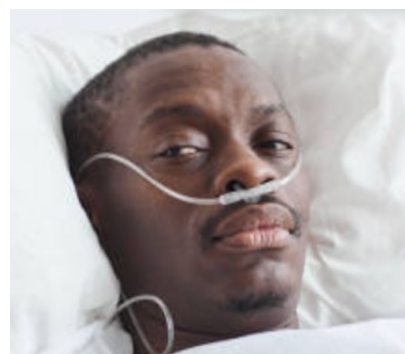
Profile 1: MELINA (38 years)



Reason for admission/medical history	Planned surgery (gynaecology).
Personal History	Married, mother of two. Stressful job. Hospitalisation planned but difficult to be away from home and work.
Tobacco use history	15 cigarettes/day for 22 years. Smokes after 30 mins of waking.
Treatment summary	Not interested in quitting at this time but agreed to support in hospital. NRT: not prescribed. Cravings: moderate Withdrawal symptoms: poor mood, headache, anxious.
Past quits	Has tried to quit many times, managed to stop during pregnancies. Believes it is down to will power and so has not used support.

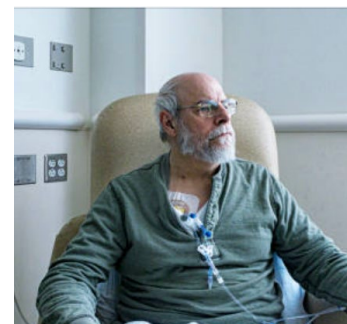
Profile 2:

GREGORY (48 years)



Reason for admission/medical history	Breathing difficulties; uncontrolled asthma
Personal History	Married, wife also smokes.
Tobacco use history	20 cigarettes/day for 33 years. Wakes at night to smoke and first thing.
Treatment summary	NRT: Admitting team prescribed 25mg patch and inhalator. Cravings: strong, has not smoked since admission last night, eager to smoke as soon as he is able to go outside. Withdrawal symptoms: restlessness and urges to smoke.
Past quits	Has tried to quit once or twice but did not make beyond a couple of days, in one attempt managed to quit for a week.

Profile 3:
JOHN (67 years)



Reason for admission/medical history	Double cardiac bypass. Had previous angioplasty.
Personal History	Lives alone in social housing.
Tobacco use history	40-50 cigarettes/day for 52 years. Smokes within minutes of waking in morning.
Treatment summary	Would rather stop smoking after surgery. NRT: yet to be prescribed Withdrawal symptoms: restless, difficulty sleeping
Past quits	Has tried to quit many times. Believes is its down to will power and so has not used support.

Profile 4:

CAROLE (60 years)



Reason for admission/medical history	Chest pain and type 2 diabetes.
Personal History	Widowed, two children, one grandchild
Tobacco use history	20 cigarettes/day for 40 years. Wakes during the night to smoke and first thing in the morning.
Treatment summary	NRT prescribed: patch & lozenges Withdrawal symptoms: anxious & urges to smoke Cravings: very strong
Past quits	Successfully stopped for two years but lapsed when husband died.