**Community mental health tobacco treatment training**

# Day 1: Handout 3

## Initial assessment checklist and patient profile **Abrupt quit**

**Clinical Checklist**

|  |  |  |
| --- | --- | --- |
| **Intervention** | **Observed** (tick) | **Done** (tick) |
| 1. **Learn about the patient and build rapport** |  |  |
| 2. **Assess current readiness and ability to quit** |  |  |
| 3. **Assess physiological and mental functioning** |  |  |
| 4. **Inform the patient about the support programme** |  |  |
| 5. **Assess current smoking** |  |  |
| 6. **Assess past quit attempts** |  |  |
| 7. **Assess tobacco dependence** (and explain how tobacco dependence develops) |  |  |
| 8. **Inform the patient about withdrawal symptoms** |  |  |
| 9. **Set the quit date** |  |  |

**Communication skills**

|  |  |  |
| --- | --- | --- |
| Build rapport |  |  |
| Boost motivation and self-efficacy |  |  |
| Use reflective listening |  |  |
| Provide reassurance |  |  |

 **Patient profile for skills practice   
Abrupt quit**

**Community mental health tobacco treatment training**

**Gemma, 29**

|  |  |
| --- | --- |
| **History** | 29-year-old woman living with schizoaffective disorder.  Experiences social anxiety and has issues with short term memory.  Lives in supportive housing, part-time job. |
| **Current smoking** | Smokes 23 cigarettes/day.  Has smoked since she was 13 years old.  CO = 30ppm  Smokes within 5 minutes of waking. |
| **Readiness and motivation to quit** | Health and wealth. |
| **Barriers** | Coping with stress. Enjoys smoking. |
| **Past quit attempts** | Several past quit attempts and has tried NRT patch. |