

Day 2, Handout 3

Follow-up checklist and patient case study

CAROLE (60 years)



Reason for admission	Chest pain and type 2 diabetes. Has had a stressful experience in hospital.
Personal History	Widowed, two children, one grandchild. Has struggled with depression for years and takes treatment.
Tobacco use	20 cigarettes/day for 40 years. Smokes soon after waking in morning. Successfully stopped for two years but lapsed when husband died.
Treatment plan	NRT patch and inhalator. Withdrawal: anxious and strong urges to smoke. Uncertain whether she can manage without smoking.
Follow-up	Using combination NRT (patch and inhalator) "My nerves have calmed – still craving my cigarettes but no longer overwhelming as it was before I had NRT" Feeling like she like to learn more about support available to quit

The Inpatient Care Bundle

Follow-up consultations (whilst in hospital)

Timeframe: Based on length of stay and patient complexity

Responsible Team: Hospital Tobacco Dependence Team

Duration: 10–15 minutes

Clinical checklist

Done

1	Check on patient progress	<input type="checkbox"/>
	■ Provide positive reinforcement	
2	Measure carbon monoxide (CO) [recommended best practice]	<input type="checkbox"/>
3	Assess treatment response	
	■ Assess withdrawal symptoms and urges to smoke and how they have dealt with them	<input type="checkbox"/>
	■ Confirm correct use of treatment (frequency, technique); address any side effects	<input type="checkbox"/>
	■ Discuss any difficult situations experienced and method of coping	<input type="checkbox"/>
4	Review and revise treatment plan	
	■ Adjust treatment (as needed); advise on continued use	<input type="checkbox"/>
	■ Consider addition of nicotine analogue or nicotine vape	<input type="checkbox"/>
	■ Discuss strategies for coping with urges to smoke	<input type="checkbox"/>
	■ Discuss personal smoking routines, triggers, high risk situations and coping strategies	<input type="checkbox"/>
	■ Reassess patient's tobacco treatment goals and confidence in remaining smokefree	<input type="checkbox"/>
	■ Provide information about community follow-up support (as appropriate)	<input type="checkbox"/>
	For patients focusing on temporary abstinence:	
	■ Provide brief motivational intervention (as appropriate)	<input type="checkbox"/>
	■ Assess interest in harm reduction ('Cut Down to Stop' with use of vape or NRT)	<input type="checkbox"/>
	■ Keep door open and provide information on support should they change their mind	<input type="checkbox"/>
5	Provide summary and prompt commitment for staying smokefree	
	■ Address any questions or concerns	<input type="checkbox"/>
	■ Prompt commitment from patient for staying smokefree or achieving harm reduction goals	<input type="checkbox"/>

Communication skills used

Build rapport	Use reflective listening	<input type="checkbox"/>
Boost motivation and self-efficacy	Provide reassurance	<input type="checkbox"/>

After the consultation

Document consultation in patient record	<input type="checkbox"/>
Coordinate NRT or vape, nicotine analogue supply	<input type="checkbox"/>
Communicate with care team (as needed)	<input type="checkbox"/>
Communicate with prescriber's (as needed)	<input type="checkbox"/>
Coordinate community referral (as needed)	<input type="checkbox"/>