

Day 2, Handout 3

CDTS initial assessment checklist and patient profile

Michael, 62



For skills practice focus on:



Assess current readiness, reasons for quitting and ability to quit in one step



Inform the patient about the CDTS treatment programme



Learn more about the patient's smoking routines and anticipated barriers



Agree to the plan for this week
Consider: smoking diary, setting reduction goal/plan

History	62-year-old male living with schizophrenia, taking clozapine. Lives alone.
Current smoking	Smokes around 50 cigarettes/day, more at the weekends.
Readiness and ability to quit	Does not think he could stop 'just like that'. Tried stopping abruptly the in the past but didn't last long. Willing to try cutting down and will think about setting a quit date later.
Motivation	Really wants to stop at some point, does not like the smell and just cannot afford it.
Barriers	Daughter he sees fairly regularly smokes and does not think he will be able to stop. If he doesn't smoke he can't think of what he will do instead.
Past quit attempts	Managed to stop a few times but only for a few days/weeks each time. Last attempt two years ago.