

## Module 18, Handout 1

### 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

<b>History</b>	62-year-old male living with schizophrenia, taking clozapine. Lives alone.
<b>Current smoking</b>	Smokes around 50 cigarettes/day, more at the weekends.
<b>Readiness and ability to quit</b>	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.
<b>Motivation</b>	Really wants to stop at some point, does not like the smell and just cannot afford it.
<b>Barriers</b>	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.
<b>Past quit attempts</b>	Managed to stop a few times but only for a few days/weeks each time. Last attempt two years ago.