**Community mental health tobacco treatment training**

# Day 2: Handout 3

## Quit date checklist and patient profiles

|  |  |  |
| --- | --- | --- |
| **Item** | **Observed** (tick) | **Done** (tick) |
| 1. Confirm readiness and ability to quit |  |  |
| 2. Confirm sufficient supply of medication and discuss expectations   of medication, review how to use correctly |  |  |
| 3. Discuss withdrawal symptoms and cravings/urges to smoke and   how to deal with them |  |  |
| 4. Advise on changing routine |  |  |
| 5. Discuss how to address smoking contacts and how the patient   can get support during their quit attempt |  |  |
| 6. Address any potential high-risk situations in the coming week |  |  |
| 7. Conduct carbon monoxide (CO) monitoring |  |  |
| 8. Confirm the importance of abrupt cessation |  |  |
| 9. Prompt a commitment from the patient |  |  |
| 10. Discuss plans and provide a summary |  |  |

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

  
  
  
Patient profiles for skills practice

**Community mental health tobacco treatment training**

**Gemma, 29**

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| --- | --- |
| **History** | 29-year-old woman living with schizoaffective disorder.  She experiences social anxiety and has issues with short-term memory.  Lives in supportive housing, part time job. |
| **Current smoking** | Smokes 23 cigarettes/day, more on weekends.  Smoked since 13 years old.  Smoke within 5 minutes of waking.  CO = 30ppm at initial assessment. |
| **Readiness and motivation to quit** | Health and wealth. |
| **Barriers** | Coping with stress, enjoys smoking. |
| **Medication choice** | Vape with 20mg nicotine. |
| **Past quit attempts** | Several past quit attempts and has tried NRT patch. |
| **Risk situations** | When interacting with people who give her stress. |
| **High risk situations this week** | Will see her ex-boyfriend later in the week. Breaks at work. |