**Community mental health tobacco treatment training**

# Day 2: Handout 4

## Reduction date checklist and patient profiles

## **“Cut Down to Stop” (CDTS)**

**Clinical Checklist**

|  |  |  |
| --- | --- | --- |
| **Intervention** | **Observed** (tick) | **Done** (tick) |
| 1. Confirm readiness to cut down to stop (CDTS) |  |  |
| 2. Review patient log and key reflections (as appropriate) |  |  |
| 3. Agree on reduction goal and start date |  |  |
| 4. Discuss strategies for cutting down and make specific plans |  |  |
| 5. Discuss and agree on plan for use of stop smoking medications or vape |  |  |
| 7. Prompt a commitment from the patient |  |  |
| 8. Identify smoking triggers and coping plan |  |  |
| 9. Discuss plans and provide summary |  |  |

**Communication skills**

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

 **Patient profile   
“Cut down to stop”**

**Community mental health tobacco treatment training**

**Michael, 55**

|  |  |
| --- | --- |
| **History** | 55-year-old male living with schizophrenia, taking clozapine. Lives alone or with roommates. |
| **Readiness and  ability to quit** | Does not think he could ‘just stop like that’ – tried it in past, didn’t last long.  Willing to try cutting down and will think about setting a quit date later. |
| **Motivation** | Really wants to quit, does not like the smell and just cannot afford it. |
| **Support** | Most family and friends smoke and unlikely to be supportive of him quitting.  Keen to get professional support from you. |
| **Barriers** | Daughter he sees fairly regularly smokes and does not think he will manage it (quitting).  If he doesn’t smoke he can’t think what he will do instead. |
| **Current smoking** | Smokes around 50 cigarettes/day, more at the weekends when not doing as much. |
| **Past quit attempts** | Managed to stop a few times but only for a few days/weeks.  Last attempt two years ago. |
| **NRT history** | Tried ‘cold turkey’ last time. |
| **Medication choice** | Vape with 20mg nicotine. |
| **Risk situations** | Going to the pub, first thing in morning, seeing daughter, coffee breaks. |
| **Action Plan** | Arranging things other than pub with friends. |
| **High risk situations  this week** | Going to pub with friends. |