

# Smoking Cessation Guide

PROVIDER REPORT  
03/30/2017

TESTER, MISTER  
DOB: 03/05/1965

## Patient Stage: Contemplation (Change in 6 months)

Patient Summary

Mr. TESTER is thinking about quitting  
His importance rating is medium (4 / 10)  
He is willing to take steps forward today

Smoking Data

Current Smoker:	Yes
Days / week:	6
Current cigarette use:	10 / Day
Years of use:	23
Quit History:	N/A

	What You Should Do	Patient DATA												
<input type="checkbox"/>	- Reinforce cessation advice and health benefits of quitting	The most important thing you can do to improve your health is to stop smoking...												
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>- Pt is not ready so quit dates, NRT, and Rx are premature</li> <li>- Discuss pros/cons of smoking based on tablet data</li> <li>- Encourage homework to keep pt thinking about the issue</li> <li>- Talk about past quit attempts or others who have quit if pt seems defensive or closed to a discussion of the present</li> <li>- Review pt requests</li> </ul>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;">1st cigarette:</td> <td>Less than 30 minutes</td> </tr> <tr> <td>Rewards of smoking:</td> <td>Calms your nerves or lowers stress, Helps control your weight or appetite, Helps you concentrate, It's just easier to keep smoking than try to quit</td> </tr> <tr> <td>Risks of smoking:</td> <td>Bad for your health, Bad taste, Clothes, hands, or hair smell, Don't like having a habit or being addicted, House or car smell bad</td> </tr> <tr> <td>Obstacles:</td> <td>Not knowing how to get started, Not knowing or having the right tools, Not sure you can avoid temptation or craving, Too much stress in your life</td> </tr> <tr> <td>Next steps:</td> <td>Call 1-800-NO-BUTTS, Cut down on number of cigarettes per day, Read materials about quitting smoking, Talk to family or friends about smoking and about quitting</td> </tr> <tr> <td>Requests:</td> <td>Free quit support phone number, Information about quitting smoking smartphone apps, Information about treatment options, Information on stress management</td> </tr> </table>	1st cigarette:	Less than 30 minutes	Rewards of smoking:	Calms your nerves or lowers stress, Helps control your weight or appetite, Helps you concentrate, It's just easier to keep smoking than try to quit	Risks of smoking:	Bad for your health, Bad taste, Clothes, hands, or hair smell, Don't like having a habit or being addicted, House or car smell bad	Obstacles:	Not knowing how to get started, Not knowing or having the right tools, Not sure you can avoid temptation or craving, Too much stress in your life	Next steps:	Call 1-800-NO-BUTTS, Cut down on number of cigarettes per day, Read materials about quitting smoking, Talk to family or friends about smoking and about quitting	Requests:	Free quit support phone number, Information about quitting smoking smartphone apps, Information about treatment options, Information on stress management
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<input type="checkbox"/>	- Review and sign patient's smoking handout	- Your endorsement may increase adherence												
<input type="checkbox"/>	- Arrange a follow-up appointment to re-assess readiness to change and adherence to homework	- Patient readiness may change due to continued discussion and reflection. Continue assigning homework as needed.												

Pt does not have a quit date (not ready)

Pt's next follow-up appt is \_\_\_\_\_

**Quitlines:** 1-800-NO-BUTTS (662-8887) or 1-800-QUIT-NOW (784-8669)  
1-855-DÉJELO-YA (335-3569) or 1-800-45-NOFUME (456-6386)

**Smartphone apps:** QuitSTART or QuitGuide

**Website:** smokefree.gov or espanol.smokefree.gov