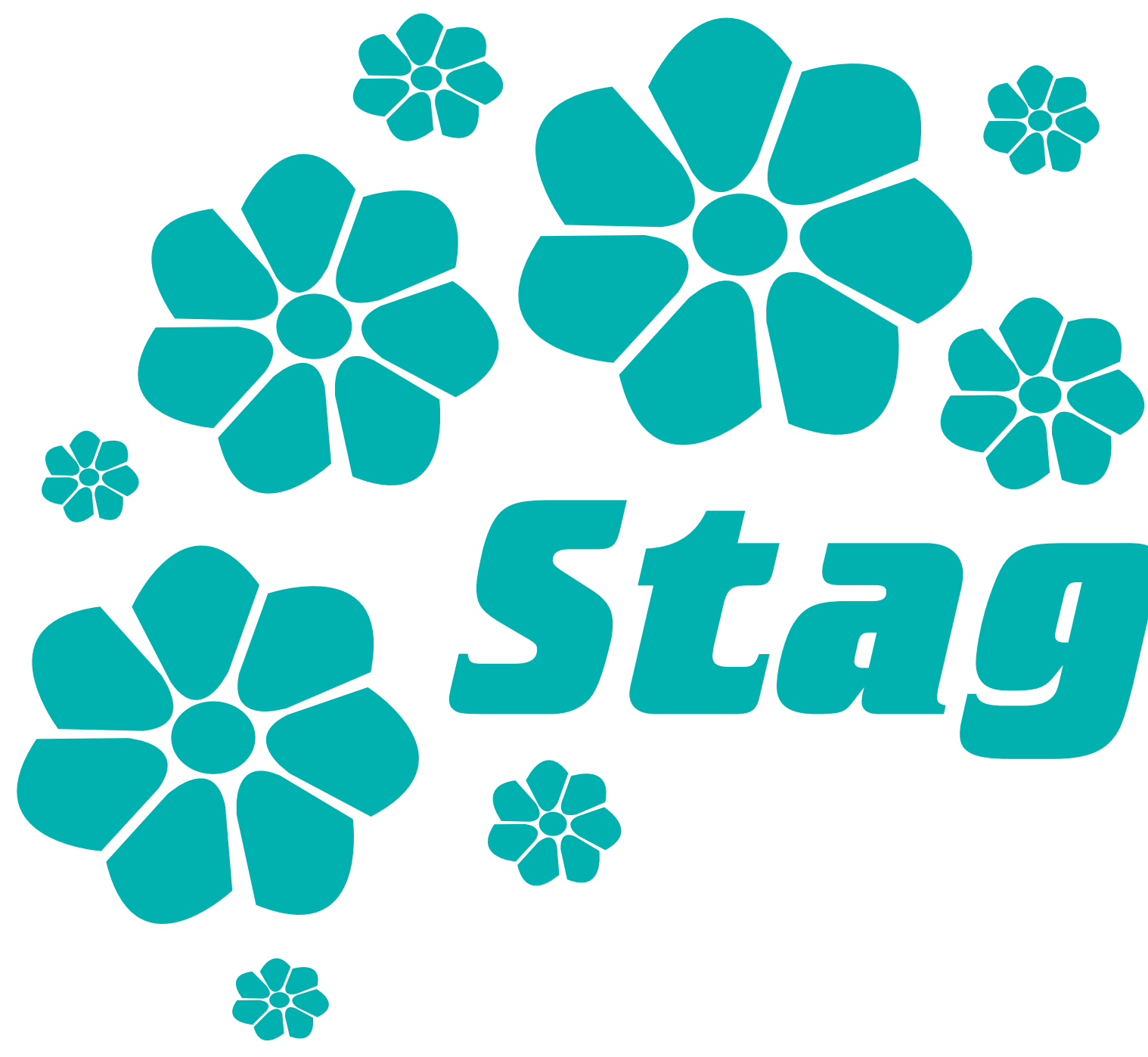


Ready to quit smoking?



Stages of Change



Call your case manager or healthcare provider

Find out where you are in your readiness to quit and what you can do

1

Precontemplation

STAGE OF CHANGE

STATE OF MIND

- I do not think smoking is a problem
- I am not ready to quit
- I do not want to stop smoking

PATIENT'S ROLE

- Think about the long term health effects of smoking
- Speak to someone who has quit
- Speak to someone with a smoking related illness

PROVIDER'S ROLE

- Discuss health effects
- Discuss cutting back
- Provide educational information

2

Contemplation

STAGE OF CHANGE

STATE OF MIND

- I am thinking about quitting smoking
- I know that smoking is bad for my health
- I want to learn what ways there are to quit smoking

PATIENT'S ROLE

- Call American Lung Association and American Cancer Society for stop smoking resources
- Review ALA Quit Smoking Action Plan

PROVIDER'S ROLE

- Provide CDTFC Smoking Cessation Resource Directory
- Provide ALA Quit Smoking Action Plan
- Discuss pharmacological aids
- Discuss other cessation options
- Discuss benefits of quitting

3

Preparation

STAGE OF CHANGE

STATE OF MIND

- I am ready to quit smoking
- I have planned a quit date
- I have the support of my family and friends
- I have begun to reduce my cigarette use

PATIENT'S ROLE

- Review all cessation options
- Obtain information on smoking cessation programs
- Reduce cigarette use
- Join a smoking cessation support group
- Purchase nicotine replacement

PROVIDER'S ROLE

- Prescribe appropriate pharmacological cessation aid
- Provide further verbal support for quitting
- Discuss what to expect with withdrawal from nicotine

4

Action

STAGE OF CHANGE

STATE OF MIND

- I will not smoke cigarettes or use other tobacco products
- I have begun using nicotine replacement (patch, gum, inhaler)
- I am attending a smoking cessation group program

PATIENT'S ROLE

- Remove all ashtrays from home
- Make home nonsmoking
- Increase water consumption to flush nicotine out of body
- Avoid smoky places
- Continue to resist temptation to smoke
- 4 D's (delay, distract yourself, drink water, do something else)

PROVIDER'S ROLE

- Discuss short-term health benefits of not smoking
- Discuss actions impacting new health behaviors

5

Maintenance

STAGE OF CHANGE

STATE OF MIND

- I am becoming more comfortable as a nonsmoker
- My cravings for cigarettes are not as strong as they used to be
- I feel healthier
- I will continue to live as a nonsmoker

PATIENT'S ROLE

- Continue to avoid tempting situations
- Continue to attend support group
- Continue to maintain a smokefree home
- Each day is a milestone
- Reward yourself for not smoking
- Continue to pursue new healthy activities

PROVIDER'S ROLE

- Continue to provide verbal support for quitting smoking
- Discuss long-term health benefits of remaining smoke-free

6

Relapse

STAGE OF CHANGE

STATE OF MIND

- How do I start over?
- I can't believe I had a cigarette
- I don't think I can quit again
- I disappointed myself and others
- I am too weak to stay smoke-free
- I need more help

PATIENT'S ROLE

- Set new quit date
- Continue with stop smoking support group
- Avoid tempting situations
- Examine what brought you back to smoking
- Have a plan to deal with this if it happens again
- Continue to obtain support from family and friends
- Each day is a new beginning

PROVIDER'S ROLE

- Help patient resume cessation
- Discuss other possible cessation techniques
- Provide encouragement
- The average number of quit attempts before success is 5 to 8

Adapted from Prochaska and DiClemente, Stages of Change

