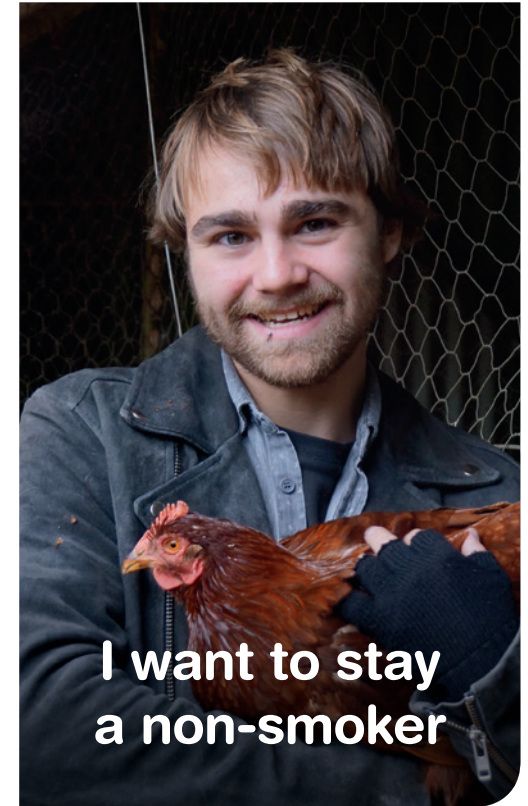
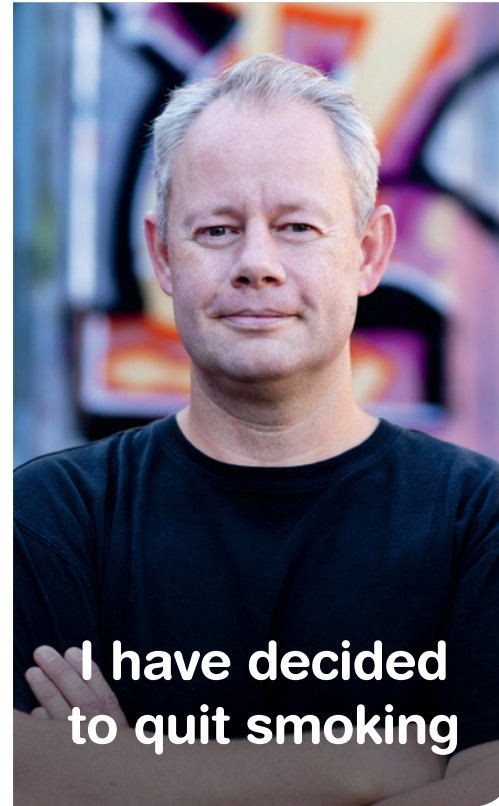


# How do you see yourself as a smoker?



# Smoking Care Assessment

## How can you help clients who smoke?

**Step 1** **Ask** the client ‘Do you smoke tobacco?’ Record smoking status in case notes.

**Step 2** **Advise** the client of the benefits of quitting. Try to discuss this in a non-judgemental, non-confrontational way.

**Step 3** **Assess** the client’s readiness to quit smoking: ‘How do you feel about your smoking at the moment?’ Use the front of this card as a prompt.

**Step 4** **Assist** the client with information and encouragement. Give them the appropriate booklet(s) based on how they feel about their smoking. Go through it with the client using the information below as a prompt for discussion. Record the discussion and any decisions made in their case notes.

### **Booklet 1:** **Not ready to give up**

Provide information and explore reasons client isn’t ready to quit

- Offer the booklet *Not ready to give up*.
- Share health information (physical and mental health concerns) and discuss some of the benefits of quitting.
- Discuss passive smoking.
- Explore reasons why client isn’t ready to quit: “Is there anything in particular making it hard to quit?” Record reasons in case notes.
- Invite client to return, and offer help when ready.

### **Booklet 2:** **Thinking about giving up**

Explore the client’s feelings about smoking

- Offer the booklet *Thinking about giving up*.
- Ask the client to weigh up the pros and cons of continuing to smoke and giving up smoking. Use page 1 in booklet 2. (check page numbers in new booklets)
- Share health information (physical and mental health concerns) and discuss some of the benefits of quitting.
- Invite client to come back for another visit.

### **Booklet 3:** **Ready to give up**

Congratulate the client for being ready to make a quit attempt

- Offer the booklet *Ready to give up*.
- Ask the client “What are your main reasons for quitting?”
- Encourage the client to make a quit attempt.
- Help the client to complete the table on page 1 in booklet 3, to assess their nicotine dependence.
- Find out their main smoking triggers and help the client come up with some alternatives to smoking (page 3).
- Help with a quit plan (page 7).
- Discuss withdrawal symptoms.
- Advise client to see GP if they take medication.
- Provide information on nicotine replacement therapies and other quit smoking products.
- Invite client to come back for another visit. Let them know of any local quit support groups.

### **Booklet 4:** **Staying a non-smoker**

Congratulate the client for being smoke free

- Offer the booklet *Staying a non-smoker*.
- Ask what is going well about giving up.
- Ask what is not going so well.
- Talk about the benefits of change.
- Talk about dealing with the temptation to smoke again and what to do if the client has a slip-up.
- Talk about exercise, general health and diet.
- Ask about any mental health concerns and refer to health professional if necessary.

**Step 5** **Arrange** for a follow-up. Next time you see the person ask how they are doing. Reassess the client’s situation and provide appropriate booklet(s) if they have changed their readiness to quit. Reinforce the positive changes and give them further encouragement.

**Remember you can refer clients at all stages to Quitline 13 7848 (13 Quit) for further support and advice.**