

Jamison: Patient Education and Wellness

HANDOUT 16.10: FORMULATING A QUIT PROGRAMME

Check Readiness to Quit:

<http://www.webmd.com/smoking-cessation/tc/interactive-tool-are-you-ready-to-quit-smoking-what-does-this-tool-measure>

A STEPWISE PROGRAMME TO PREPARE

Step 1: Awareness

Become aware of all the physical effects of active and passive smoking.

Step 2: Motivation

List the personal benefits and disadvantages of smoking.

Identify your preparedness to quit.

Step 3: Baseline behaviour

Start a smoker's diary in which you:

- note the time and place when cigarettes are smoked
- rate the satisfaction associated with each cigarette
- list the stimulus triggering a cigarette lighting-up response.

Step 4: Classification of smoking behaviour

Categorize whether you smoke for:

- stimulation
- relaxation
- tactile pleasure
- a crutch
- a craving
- a habit.

Step 5: Programme formulation

Develop a stop-smoking programme. Possible strategies to be considered include:

- cold turkey – stop smoking abruptly
- gradually reduce tobacco exposure by:
 - reducing the number of cigarettes smoked each day
 - reducing the number of puffs per cigarette
 - reducing the length of each cigarette smoked
 - smoking low-tar brands
 - smoking disliked brands
 - keeping the cigarette in the ashtray between puffs
 - avoiding inhaling
- use your smoking diary to:
 - identify peak danger periods. Avoid these by arranging different activities at these times

- identify the most enjoyed cigarette. Either permit these initially excluding least-appreciated smokes first or alternatively first exclude cigarettes most enjoyed
- create a system that rewards success.

Step 6: Strategy selection

Prepare to change by identifying strategies for coping with potential problems:

- minimize weight gain by careful dietary choices and an exercise regimen
- prepare for withdrawal symptoms with relaxation therapy and stress management.

Step 7: Implement and monitor the programme

Set a target quit date.

Outline and follow schedule.

Reward abstinence.

Review relapses to identify underlying reasons and avoid recurrences.

Remain motivated.

Quitting

<http://www.webmd.com/smoking-cessation/quitting-tobacco-use-strategies-and-skills-for-quitting>

<http://www.webmd.com/smoking-cessation/slideshow-13-best-quit-smoking-tips-ever>

<http://www.mayoclinic.com/health/quit-smoking/QS99999>

Avoid weight gain

<http://www.webmd.com/smoking-cessation/stop-smoking-9/cravings-weight-gain>

Beware risky alternatives

<http://www.mayoclinic.com/health/chewing-tobacco/CA00019>