

Jamison: Patient Education and Wellness

HANDOUT 16.9: SELECTING A SUITABLE QUITTING STRATEGY

☐ **relaxation (Group C)**

‘A cigarette is a real pleasure after a hard day.’ A cigarette is a trigger to relaxation.



Change the cue to relaxation, use:

- breathing
- muscle relaxation
- exercise

☐ **sensory/tactile pleasure (Group B)**

‘I enjoy handling a cigarette, lighting up, and puffing away.’ Having somebody else hold a smoker’s cigarette when that person is smoking markedly reduces the associated pleasure.



Replace the tactile stimulus, handle:

- a stick of celery
- a carrot

☐ **habit/automatic behaviour (Group D).**

‘I seldom remember lighting a cigarette and sometimes find I have two cigarettes smouldering simultaneously.’ Habits are difficult but not impossible to break.



Behaviour modification can be achieved by:

- not carrying cigarettes
- not having matches or a lighter

☐ **psychological dependence (Group E)**

‘Smoking helps me control my anger, frustration, tension or depression.’



Replace the crutch by substituting the individual's cigarette reliance with:

- a more task-orientated approach
- improved problem-solving skills

☐ **nicotine stimulation (Group A).**

‘Smoking helps to get me going and keeps me alert.’ The psychoactive effect of nicotine is experienced as euphoria or stimulation. The individual gets a nicotine ‘high’. Nicotine improves performance of repetitive tasks, attention, problem solving, and learning.



Intervention is difficult. Try nicotine fading:

- gradually reduce nicotine by changing to brands with less tar and nicotine
- smoke fewer cigarettes per day

☐ **nicotine craving (Group F)**

‘I can’t last long without a cigarette.’ Dependence is physiological and smoking avoids the ‘trough’ of a drop in blood nicotine level.



Intervention is difficult. Consider:

- professional help
- nicotine replacement

See

Identify triggers <http://www.webmd.com/smoking-cessation/stop-smoking-9/smoking-triggers>

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

Help Teenagers quit: <http://www.mayoclinic.com/health/teen-smoking/TN00016>