



Smoking cessation counselling

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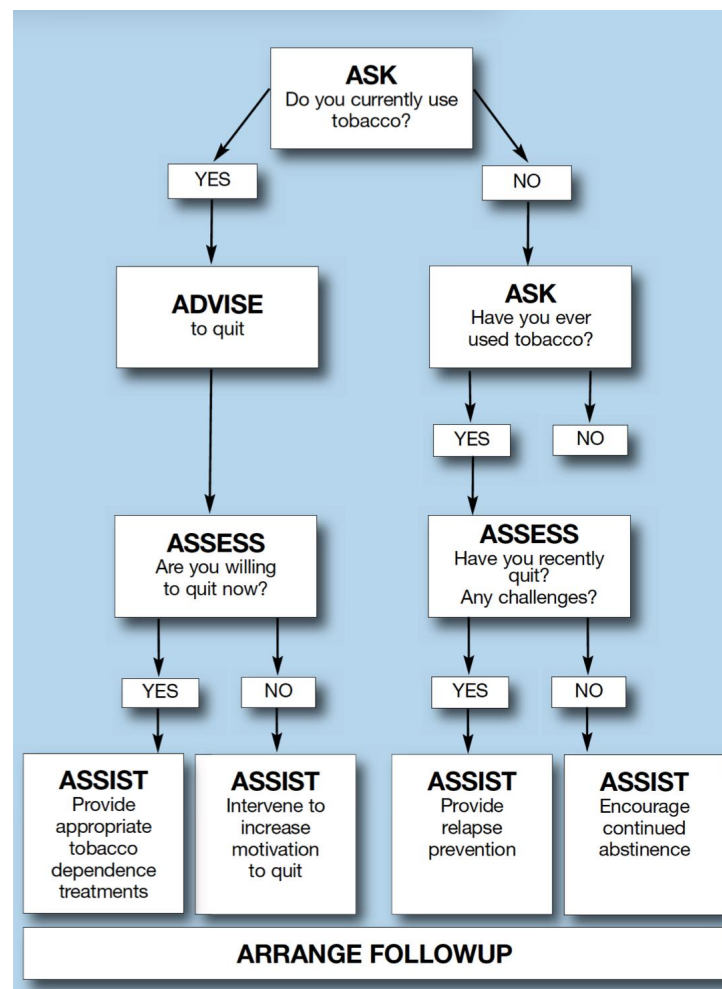
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The "5 A's" model for treating tobacco use and dependence

should take less than one minute

Ask about tobacco use	Identify and document tobacco use status of every patient at every visit
Advise to quit	In a clear, strong and personalized manner urge every tobacco user to quit
Assess	For current tobacco user, is the tobacco user Assess willing to make a quit attempt at this time? Assist For the ex-tobacco user, how recent did you quit and are there any challenges to remaining abstinent?
Assist	For the patient willing to make a quit attempt, offer medication and provide or refer for counseling or additional behavioral treatment to help the patient quit. Assist For patients unwilling to quit at this time, provide motivational interventions designed to increase future quit attempts. For the recent quitter and any with remaining challenges, provide relapse prevention
Arrange	All those receiving the previous A's should receive followup



Approaching Patients For Smoking Cessation

Very important

First, you should take demography, age, occupation and social situation (marital status)

Smoking / quitting History

- Understand the role of smoking in patients' life
- Past success (methods, reasons for relapse, withdrawal symptoms) even one day without smoking considered trying.

Other substance use

- May interfere with successful smoking cessation It is important to ask if the person consumes any other drugs, such as alcohol, because in order to overcome their addiction, they cannot be addicted to another substance.
- Recovery methods may apply to smoking cessation It will be helpful in case they quit using a certain drug in the past to use the same approach to treat their addiction now.

Medical history and current medications may affect their absorption

Environmental and social history

Supporters and barriers

Reasons and concerns about quitting

For example:

- 1/ A friend or relative died because of smoking.
- 2/ They have a chronic cough and are worried that it is due to smoking.
- 3/ They heard about a drug that helps reduce smoking addiction.

- Prose and cons
- Personal reasons

Readiness to quit

We ask them: "On a scale from 1 to 10, how ready are you to quit?"

For example, if they answer 4, you can ask them why not 8?

Or we can ask them another question: "How confident are you in quitting?"

Quit Date Let the patient be the one to decide the date, which can be within a range of 2 to 4 weeks.

- Realistic quit date that allow time to prepare
- All plans put in place before quit date
- Might be adjusted

Case 1

Khaled is 34 years old, he smokes 40 cigarettes per day for the last 22 years. He attends the smoking cessation clinic as his family physician advised him.

Take the history from the patient and counsel him.

History

Important informations: Khalid, 34 years old, occupation and Social status.

Doctor note: In OSCE don't start with "What brought you here today?" or "Do you smoke?" as it may be a waste of your time.

1/ How does smoking fit into your life? *ليش يعجبك التدخين*

2/ Have you ever tried to quit smoking? If yes, ask them 5Qs:

- A. When did you try to quit?
- B. How did you try to quit? What strategies or techniques helped you?
- C. How long did you last without smoking?
- D. Why did you relapse?
- E. Did you experience any withdrawal symptoms? If so, What were they?

3/ Past medical history (*لا تضيعون وقتكم على التعداد مثل سكري، ضغط*)

4/ Ideas/ Concerns/ Expectations.

Counseling:

1/ Explain the risks of continued smoking and the benefits of quitting, as well as the potential withdrawal symptoms.

2/ Personalize the advice to fit specific aspects of the patient's life (*not in OSCE*)

3/ Discuss different methods

- A. Behavioral solutions such as using lollipops or engaging in regular walking.
- B. **Pharmacological options: mention the names of the medications and the routes of admission and explain the method of using them. And if the OSCE station only concealing then you have to explain further information like the dose, duration, and side effects**

4/ Assess the patient's confidence in quitting smoking on a scale from one to ten.

5/ Set a quit date.

Case 2

Mohammed is 45 years old. **He quit** smoking last month for 3 weeks then he **resume smoking with less number of cigarettes**. He attend the smoking cessation clinic for follow-up.

Take smoking history and counsel the patient

Do the same step mentioned above with an extra thing when the patient relapses:

1. Affirm to the patient that he did a good job, and if he did it once, he can do it again.
2. Ask the patient when are you ready to quit again? **Let the patient pick a quit date whenever they are ready because relapsing twice may affect their spirits, so do not rush things.**

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