



Goal: to help the pt. start thinking about cessation.

Action: encourage pt. to complete the Handout (benefits and disadvantages). Offer educational material.

Tell the pt. that you are available to continue the discussion if he/she wishes.

Goal: to help the pt. decide to stop smoking in the near future.

Action: discuss the difficulties foreseen during cessation and develop some strategies to deal with them.

Give educational material.

Goal: help the pt. prepare to stop smoking and find strategies to become a non-smoker.

Action: discuss preparations for cessation:  
 -quit date  
 -support systems  
 -pharmacotherapy  
 -strategies for handling urges  
 Give educational material .  
 Suggest smoking cessation pharmacotherapy.

Goal: to help the patient remain a non-smoker.

Action: Ask the pt.:  
 -If s/he has any problems or questions.  
 -If he smokes occasionally  
 -If appropriate, the dosage and how s/he uses the smoking cessation pharmacotherapy.

Discuss strategies used by the patient to resist the urge to smoke.

Encourage the pt. to reward them self for his/her efforts.