



Pre-Reflection
 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.

Reflection
 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.

Preparation
 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.

Action
 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.

Maintenance