

## The Five-Step Approach in Action

### Protocol 1: Women Who Want to Quit

#### Step 1: Assess

- A. Establish current level of smoking
  - “Your chart says you’re smoking 10 cigarettes a day. Is that right?”
- B. Assess their interest in quitting
  - “Have you ever thought about quitting? Are you interested in quitting during your pregnancy? How soon would you be willing to set a quit day?”

#### Step 2: Problem Solve

- A. Identify potential problems
  - “It sounds like you would like to quit smoking. If you tried to quit, is there anything that would get in the way? Anything that would make it hard to quit successfully? Are there particular situations, places or times that would make it tough?”
- B. Seek “Do-able” solutions
  - “It sound like the main problems for you be \_\_\_\_\_ and \_\_\_\_\_. Let’s think of some ways to deal with those problems. What could you do about the first problems? What about \_\_\_\_\_? Which of these would help most?”
  - “Quit and Be Free manual has some ideas that can help you in your search for solutions.
    - Reward yourself
    - Find people to support you
    - Cope with stress”
  - In each case the information above is *general*. Your task is to work with the patient to devise a solution which is specific to her circumstances. For example, “develop a support network” is general. “How about asking your mom to keep her cigarettes in her room” or “what about asking a friend to go for a walk with you after dinner since that’s the time you might have an urge to smoke,” are specific.

### Step 3: Contract

- A. Summarize problem and potential solution
- “So, you’re definitely interested in quitting. We’ve identified some areas that might make quitting tough but we’ve also thought of some ways to deal with those areas.”
- B. Agree on 1 or 2 “Do-able” actions
- “Do you think that by your next appointment on \_\_\_\_\_, you would agree to:
    - Set a quit day
    - Choose a way to quit
    - Read the self-help manual “Quit and Be Free”
    - Listen to the audio tape
    - Talk with your friend about how he/she could support you in quitting
    - Record a smoking log
  - “Will this be difficult to you?”

### Step 4: Advise

- A. Give strong advice to quit
- “That’s great that you want to quit and that you’re willing to do something about it. We strongly advise all our pregnant patients to quit smoking. It’s really important for your health and the baby’s (give specific information about the negative impact of smoking on the patient and the baby). The self-help manual contains detailed information about this. (Point to the appropriate sections to your patient).

Go gently with this information, however. After all, this person already wants to quit smoking. We just want to gently reinforce how great it is that she wants to quit and what good reasons there are for quitting.

- B. Discuss benefits of quitting
- “But it’s isn’t not just avoiding the bad things that sometimes come from smoking. There are positive benefits for you and your child. Are there any particular benefits you’re looking forward to after you quit? The book lists many benefits. Let’s take a look at the list. (Go to the page and show the patient the list.)

### Step 5: Follow-up

- A. Make a note in the chart
- “I’m making a note in your chart about the things you’ve said you’d do between now and your next appointment on \_\_\_\_\_.”
  - Whatever the person has agreed to do should then be noted in her chart.