

The Five-Step Approach in Action

Protocol 3: Women Who Have Already Quit

Step 1: Assess

A. Establish current level of smoking

- “Your chart says that you have quit smoking. Is that right?”

If they have quit, proceed with this protocol.

If they did quit, but started smoking again, use “Protocol 1: women Who Want to Quit.”

Step 2: Advise

A. Give strong advice to quit

- “Congratulations on quitting! What a great thing for you to do, for both you and your baby.”
- “I am especially pleased because, as you probably know, we strongly advise all our patients to quit because we think it’s so important for your health and the baby’s.”
- You may wish to mention in passing all of the good reasons for quitting, noted in “Benefits of Quitting.” There may be a time when the patient could use these reasons to bolster her intention to remain a nonsmoker. (See Page 7 – “Benefits of Quitting”)

B. Discuss benefits

- “Lots of smokers feel like quitting does good things for them right away. What good things have you noticed about your quitting?”
- “There are other benefits too. Let’s take a look at page 7 and see what else may be coming your way.
- Page 13, “Coping with Cigarette Craving”, and on page 17 “Staying Smoke-Free” has several segments that can help you in your search for solutions.
 - Reward yourself
 - Find people to support you
 - Cope with stress”
- In each case, this information is *general*. Your task is to work with the patient to devise a solution which is *specific* to her circumstances. For example, “developing 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.

3. Problem Solve

A. Identify potential problems

- “How is being a nonsmoker going? Have you run into any problems? Are there any situation that you find are particularly tough?”

B. Seek “Do-able” solutions

- “People often find it helpful to prepare for those times when they want a cigarette, even if things are fine now.
- Let’s take a look at your manual and check out some ways of dealing with (preparing for) some of your tough situations.
- What could you use the next time you’re in that situation to help you through more easily?”

Step 4: Contract

A. Summarize

- “You have quit. Things are going well, but you’re worried about how you are going to handle _____.”
- “It sounds like trying _____ might help.

B. Agree on 1 or 2 “Do-able” actions

- “Your next appointment is on _____. Between now and then you’re going to try _____. Is that right?”

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.

B. Promise to follow up

- When you come in the nurse will be sure to ask you how things are going not smoking, and she’ll give you some tips to help you stay quit.”