

Brief Smoking Cessation Counseling for Pregnant Patients

ASK – 1 minute

- Ask patient about smoking status. μ

- A. I have NEVER smoked, or have smoked LESS THAN 100 cigarettes in my lifetime. O
- B. I stopped smoking BEFORE I found out I was pregnant, and I am not smoking now. O
- C. I stopped smoking AFTER I found out I was pregnant, and I am not smoking now. O
- D. I smoke some now, but I cut down on the number of cigarettes I smoke SINCE I found out I was pregnant. O
- E. I smoke regularly now, about the same as BEFORE I found out I was pregnant. O

If patient responds B or C, reinforce her decision to quit, congratulate her on success in quitting, and encourage her to stay quit.

If patient responds D or E, document smoking status on her clinic chart, and proceed to ADVISE, ASSESS, ASSIST and ARRANGE.

ADVISE – 1 minute

- Provide clear, strong advice to quit with personalized messages about the impact of smoking on mother and fetus. μ

ASSESS – 1 minute

- Assess the willingness of the patient to make a quit attempt within the next 30 days. μ

ASSIST – 3 minutes +

- Suggest and encourage the use of problem-solving methods and skills for cessation. μ
- Provide social support as part of the treatment. μ
- Arrange social support in the smoker's environment. μ
- Provide pregnancy-specific, self-help smoking cessation materials. μ

ARRANGE – 1 minute +

- Periodically assess smoking status and, if she is a continuing smoker, encourage cessation. μ