



## SMOKING CESSATION IN PREGNANCY (SCIP)

### PROTOCOL

#### Step 1

- A. Identify pregnant smokers – consistently ascertain the number of cigarettes smoked by patient at each visit.
- B. Assess interest in quitting

#### Step 2

Brief Intervention recommending the need for change—should be non-authoritarian, supportive and utilize **5 As of cessation counseling** and the **5 Principles of Motivational Interviewing**.

<b>5 A s:</b>	<b>Principles of M.I.</b>
<ul style="list-style-type: none"> <li>• <b>ASK</b> about tobacco use</li> <li>• <b>ADVISE</b> on hazards of smoking, benefits of quitting, and the need for change</li> <li>• <b>ASSESS</b> readiness to quit stage</li> <li>• <b>ASSIST</b> client in quitting</li> <li>• <b>ARRANGE</b> follow-up</li> </ul>	<ul style="list-style-type: none"> <li>• Express Empathy</li> <li>• Develop discrepancy</li> <li>• Avoid argumentation</li> <li>• Roll with resistance</li> <li>• Support self-efficacy</li> </ul>

#### Step 3

Distribute self-help manual to patient as a tool containing strategies for smoking cessation.

#### Step 4

Briefly explain and distribute “Quit Kit” of various items to patient as a strategy for coping with cigarette cravings.

#### Step 5

Set up next counseling session.

#### Step 6

Follow up with patient on smoking status

#### Step 7

Complete SCIP Documentation Form.

#### Post interview

Mail copy of *fully completed* Documentation Forms to the Office of Health Promotion on monthly basis (self-addressed envelope provided).

*For more information please call the Office of Health Promotion at (410) 767-1362.*