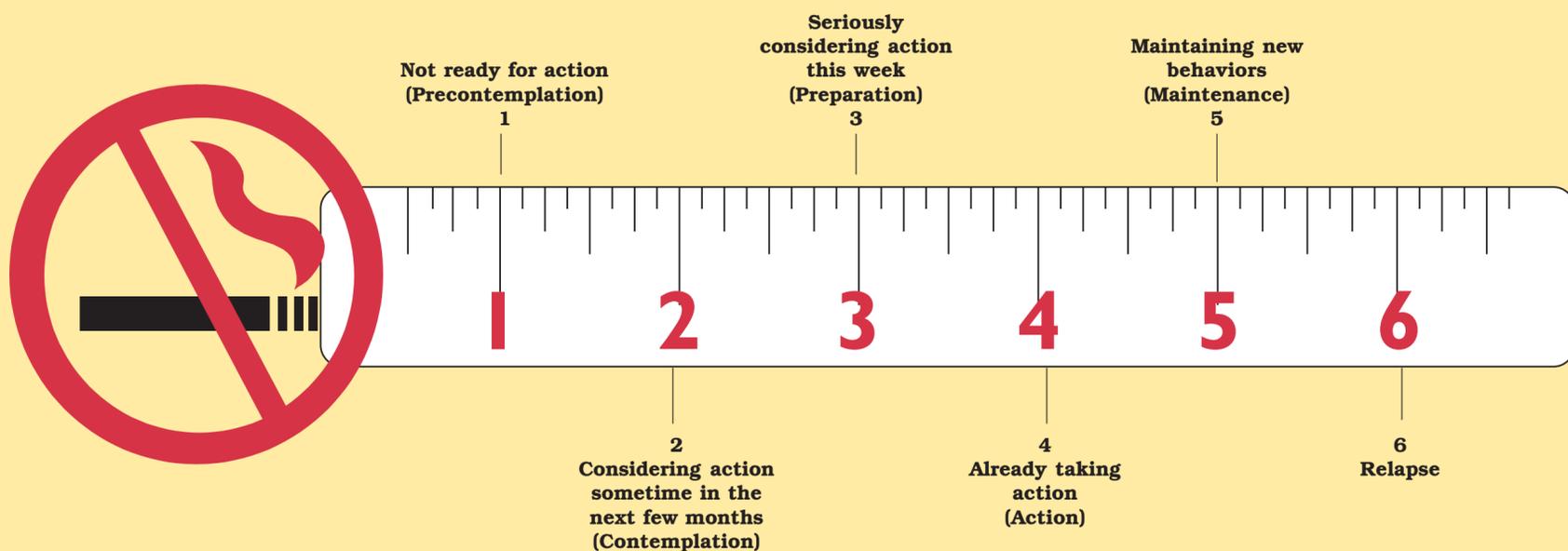


Have You Thought About Quitting Smoking?

Take a moment to see where you are on the
Readiness-To-Change Ruler



*Adapted from Kaiser Permanente Northwest Region, Center for Health Research, Portland Oregon.



	STAGE OF CHANGE	STATE OF MIND	PATIENT'S ROLE	PROVIDER'S ROLE
1	Precontemplation	<ul style="list-style-type: none"> I do not think smoking is a problem I am not ready to quit I do not want to stop smoking 	<ul style="list-style-type: none"> Think about the long term health effects of smoking Speak to someone who has quit Speak to someone with a smoking related illness 	<ul style="list-style-type: none"> Discuss health effects Discuss cutting back Provide educational information
2	Contemplation	<ul style="list-style-type: none"> I am thinking about quitting smoking I know that smoking is bad for my health I want to learn what ways there are to quit smoking 	<ul style="list-style-type: none"> Call American Lung Association and American Cancer Society for stop smoking resources Review ALA Quit Smoking Action Plan 	<ul style="list-style-type: none"> Provide CDTFC Smoking Cessation Resource Directory Provide ALA Quit Smoking Action Plan Discuss pharmacological aids Discuss other cessation options Discuss benefits of quitting
3	Preparation	<ul style="list-style-type: none"> I am ready to quit smoking I have planned a quit date I have the support of my family and friends I have begun to reduce my cigarette use 	<ul style="list-style-type: none"> Review all cessation options Obtain information on smoking cessation programs Reduce cigarette use Join a smoking cessation support group Purchase nicotine replacement 	<ul style="list-style-type: none"> Prescribe appropriate pharmacological cessation aid Provide further verbal support for quitting Discuss what to expect with withdrawal from nicotine
4	Action	<ul style="list-style-type: none"> I will not smoke cigarettes or use other tobacco products I have begun using nicotine replacement (patch, gum, inhaler) I am attending a smoking cessation group program 	<ul style="list-style-type: none"> Remove all ashtrays from home Make home nonsmoking Increase water consumption to flush nicotine out of body Avoid smoky places Continue to resist temptation to smoke 4 D's (delay, distract yourself, drink water, do something else) 	<ul style="list-style-type: none"> Discuss short-term health benefits of not smoking Discuss actions impacting new health behaviors
5	Maintenance	<ul style="list-style-type: none"> I am becoming more comfortable as a nonsmoker My cravings for cigarettes are not as strong as they used to be I feel healthier I will continue to live as a nonsmoker 	<ul style="list-style-type: none"> Continue to avoid tempting situations Continue to attend support group Continue to maintain a smoke-free home Each day is a milestone Reward yourself for not smoking Continue to pursue new healthy activities 	<ul style="list-style-type: none"> Continue to provide verbal support for quitting smoking Discuss long-term health benefits of remaining smoke-free
6	Relapse	<ul style="list-style-type: none"> How do I start over? I can't believe I had a cigarette I don't think I can quit again I disappointed myself and others I am too weak to stay smoke-free I need more help 	<ul style="list-style-type: none"> Set new quit date Continue with stop smoking support group Avoid tempting situations Examine what brought you back to smoking Have a plan to deal with this if it happens again Continue to obtain support from family and friends Each day is a new beginning 	<ul style="list-style-type: none"> Help patient resume cessation Discuss other possible cessation techniques Provide encouragement The average number of quit attempts before success is 5 to 8

*Adapted from Prochaska and DiClemente, Stages of Change

This educational resource was developed by the Capital District Tobacco-Free Coalition. 1-800-LUNG-USA

For more information on quitting smoking call the Capital District Tobacco-Free Coalition at 1-800-LUNG-USA and ask your provider for more information about what prescription products might be right for you.

