

Stickers—Suckers—Smokers

Tobacco Free Pregnancy

*“If you always do what you’ve always done,
then you’ll always get what you’ve always gotten!”*

Ask

Ask at each visit about smoking status. Make it a part of checking routine vital signs.

- Have you ever smoked cigarettes?
- When was the last time you had a cigarette?
- How many cigarettes did you smoke yesterday?
- Could you stop smoking just for your pregnancy?
- Determine smoking status by reviewing history form filled out by patient.



• Place OB Tobacco Cessation sticker in chart.

- Congratulate patient if she stopped smoking when she found out she was pregnant.

TOBACCO CESSATION					
Date of Visit					
Cigarettes per day					
Counseled?					
Handouts given?					
NRT or other Ra?					
Quit?					

Advise

Advise patient to stop smoking. Message should be clear, strong, and personalized.

- The single most important thing you can do for both you and your baby is to stop smoking.
- I want to help you plan a smoke-free pregnancy.

Assess

Assess the willingness of the patient to attempt to quit within the next 30 days.

- How would quitting smoking improve your life?
- Are you interested in quitting with my help?
- If the patient is ready to quit, proceed to Assist.
- If the patient is not ready, provide pregnancy-specific information to motivate the patient to quit; proceed to Arrange.

Assist

Assist the patient in establishing a plan to stop smoking.

- Help patient choose a quit date. Offer Quit Contract.
- Hand out the “Fresh Start Family” magazine. Refer to page 21 for 4 D’s (Delay, Drink Water, Deep Breathing, Do Something), or ACOG’s “Need Help Putting Out That Cigarette.”
- Have patient pick out smoking cessation method (cold turkey, tapering, etc.).
- Encourage support from family, friends, and coworkers.
- Highlight stress reduction activities.

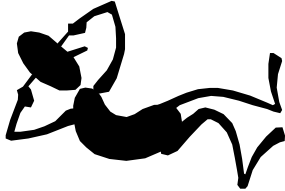
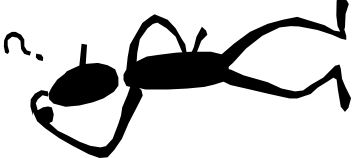

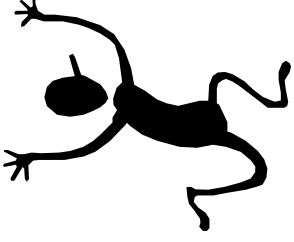

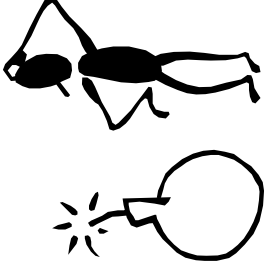
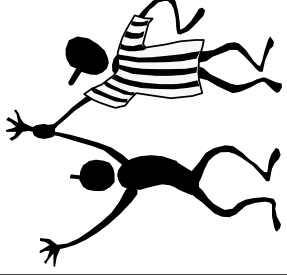
Arrange

Arrange for follow-up appointments, refer to a smoking cessation program, and provide support.

Rocky Mountain Health Plans, Heather Stephens, RN, 970-244-7804 or
Janice Ferguson, RNC, 970-244-7890 or 800-843-0719, ext. 7890
Colorado QuitLine — 800-639-QUIT (7848)
Great Start Quitline — 866-667-8287

- It is imperative to send early OB referrals so the patient can start with smoking cessation counseling early in pregnancy.
- Consider nicotine replacement therapy for Rocky Mountain Health Plans pregnant members who smoke more than 20 cigarettes per day.
- Schedule a follow-up at each visit to talk about smoking cessation.
- *Ongoing Cessation Message:* “I think you can do this. I’ll check your progress at the next visit.”

Pregnancy Tobacco Cessation Program — Stages

Precontemplation "No"	Contemplation "Don't Know"	Preparation "Yes"	Action "Go!"	Maintenance "Cruising"	Relapse "Backslide"	Self-Empowerment "Finish"
 <p>Not currently considering the possibility of change.</p> <p><i>"My mom smoked and we all turned out fine."</i></p>	 <p>Thinking about quitting but takes no action to do so.</p> <p><i>"I'm worried about the effects on my baby. Maybe I should quit or cut down..."</i></p>	 <p>Ready to quit and preparing to change.</p> <p><i>"I'm gonna quit by my next prenatal check-up. Tell me how to do it."</i></p>	 <p>Engages in specific actions intended to bring about change.</p> <p><i>"I haven't had a cigarette since the last visit."</i></p>	 <p>Attempts to sustain the change accomplished by previous action and to prevent relapse.</p> <p><i>"I haven't had a cigarette in almost a year."</i></p>	 <p>Returns to an earlier stage of change, often to Precontemplation.</p> <p><i>"My stress levels are too high."</i></p>	 <p>Tobacco free for duration of pregnancy.</p> <p><i>"I don't even think about smoking anymore."</i></p>
<p><i>"Can you stop just for your pregnancy?"</i></p> <p><i>"The single most important thing you can do for yourself and your baby's health is to stop smoking."</i> Refer to pages 1 and 2 of "Fresh Start Family" magazine.</p> <p>Think of a "No" as a "No on the way to a Yes" that can be influenced by your counseling.</p> <p>Let the patient know you support her in whatever decision she makes.</p> <p>Try to motivate an attempt to quit. Offer "Fresh Start Family" magazine or "Need Help Putting Out That Cigarette."</p>	<p>Encourage patient to consider trying to stop smoking.</p> <p>Let her know you have confidence in her.</p> <p>Explore the benefits and drawbacks of continuing to smoke and of quitting. (Use the "Reasons to Quit" worksheet). Refer to page 7 of "Fresh Start Family" magazine.</p> <p>Give feedback and education about patient's smoking. Refer to page 7 of "Fresh Start Family" magazine.</p>	<p>Congratulate patient on her decision to quit. Let her know you're there to support her.</p> <p>Encourage support from family, friends, coworkers. Refer to pages 19 and 21 of "Fresh Start Family" magazine.</p> <p>Help her take preparatory steps and find healthy replacement behaviors. Refer to pages 8, 9, and 12 of "Fresh Start Family" magazine.</p> <p>Focus less on the problem and more on the solution and action plan.</p>	<p>Continually assess how smoking cessation plan is working and give feedback every visit.</p> <p>Pay attention to what triggers smoking and praise healthy replacement behaviors. Refer to pages 10, 18, and 23 of "Fresh Start Family" magazine.</p> <p>This stage takes the greatest amount of commitment of time and energy. Refer to pages 11 and 15 of "Fresh Start Family" magazine.</p> <p>Encourage patient to reward herself for her efforts. Refer to page 14 of "Fresh Start Family" magazine.</p>	<p>Reinforce patient's success.</p> <p>If there are significant life changes or stressors, reassess triggers and continuance of healthy replacement behaviors. Refer to pages 10, 18 and 23 of "Fresh Start Family" magazine.</p>	<p>Reframe relapse as an opportunity to learn and not a reason to fail. Refer to page 20 of "Fresh Start Family" magazine.</p> <p>Focus on successes and what worked.</p> <p>Re-evaluate her stage of change and assist her to re-enter the change cycle.</p>	<p>Use her success with smoking cessation to support self-empowerment. Remind her that quitting was probably one of the hardest things she will ever do.</p> <p>Raise awareness about handling periods of stress and situations that trigger tobacco use. Refer to page 19 of "Fresh Start Family" magazine.</p> <p>Encourage remaining smoke-free after delivery. Review effects of second-hand smoke on children.</p>