

# Pregnancy Tobacco Cessation Program

## 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 RMHP OB Tobacco Cessation sticker in chart. Sticker available thru the RMHP OB program.
- 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 Rx?					
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.
- Hand out the “Giving Up Smoking for You and Your Baby” magazine. Use opposite side to determine which stages of change applies to your patient and counsel using this booklet.
- Have patient pick out smoking cessation method (cold turkey, tapering, NRT, etc.).
- Encourage support from family, friends, and coworkers.
- Highlight stress reduction activities.
- 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 OB visit to talk about smoking cessation and their progress.
- Ongoing Cessation Message: “I think you can do this. I’ll check your progress at the next visit.”

## Arrange

**Arrange for follow-up appointments.**

- Refer to a smoking cessation program.
  - Rocky Mountain Health Plans
  - Heather Stephens, RN, 970-244-7804 or
  - Janice Ferguson, RNC, Prenatal Care Coordinator. 970-244-7890 or 800-843-0719, ext. 7890
- Colorado Quit Line — 800-784-8669 or Coloradoquitnet.com

If time is limited after you ASK and ADVISE, refer to Colorado Quit Line for further smoking cessation counseling.

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, however 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 my 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 need my cigarettes to cope.”</i></p>	<p>Tobacco free for duration of pregnancy and after delivery.</p> <p><i>“I don’t even think about smoking anymore.”</i></p>
<p>Try to motivate an attempt to quit. Offer “Giving up Smoking for You and Your Baby”</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></p> <p>Refer to pages 2 and 4. ♦</p> <p>Think of a No as a “No on the way to a Yes” which can be influenced by your counseling.</p> <p>Let the patient know you support her in whatever decision she makes.</p> <p>Refer to Colorado Quit Line.</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.</p> <p>Refer to pages 2 and 4. ♦</p> <p>Give feedback and education about patient’s smoking.</p> <p>Refer to Colorado Quit Line.</p>	<p>Congratulate your patient on her decision to quit. Let her know you’re there to support her.</p> <p>Encourage support from family, friends, co-workers.</p> <p>Refer to pages 5 – 8. ♦</p> <p>Help her take preparatory steps and find healthy replacement behaviors.</p> <p><b>Focus less on the problem, and more on the solution and action plan.</b></p> <p>Refer to Colorado Quit Line for further counseling and NRT patches.</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 for healthy replacement behaviors.</p> <p>Refer to pages 6, 7, and 8. ♦</p> <p>This stage takes the greatest amount of commitment of time and energy. Refer to pages 10, 12, and 13. ♦</p> <p>Encourage patient to reward herself for her efforts. Refer to page 14. ♦</p>	<p>Reinforce patient’s success.</p> <p>If there are significant life changes or stressors, re-assess triggers and continuance of healthy replacement behaviors</p> <p>Refer to page 17. ♦</p>	<p>Reframe relapse as an opportunity to learn and not a reason to fail.</p> <p>Refer to page 17. ♦</p> <p><b>Focus on successes and what worked.</b></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 provide support self-empowerment. Remind her that quitting was probably one of the hardest things she will ever do.</p> <p>Raise awareness about how to handle periods of stress and situations that trigger tobacco use. Refer to page 18. ♦</p>

Adapted from Prochaska, J.O. Norcross, J.C., DiClemente, Carlo (1994) Changing for Good. New York, NY: William Morrow and Company

♦ Teaching Guide used in this program is “Giving Up Smoking for You and Your Baby.” It is available through the Colorado Quit Line at 1-800-639-8669. Please refer to it to locate the teaching pages listed.