



Session Plan

Aim:

Increase personal awareness and understanding of why tobacco use persists and identify the personal benefits of quitting

Smoking Cessation Specialist Role:

- › Elicit feedback on 'My Smoking Day'
- › Identify success and/or difficulty in making planned behaviour change and discuss further incremental change
- › Explain Carbon Monoxide (CO) Test and record level
- › Address ambivalence and motivation to quit using the Decisional Balance
- › Identify and discuss personal benefits of quitting
- › Discuss clients' previous use of stop smoking medications, if any
- › Provide practical examples of stop smoking medications and guidelines for safe use

By the end of this session clients will:

- › Understand and have a record of individual CO level
- › Reflect on concerns about stopping smoking
- › Identify personal supports and barriers to making positive behaviour changes
- › Understand how pharmacotherapy aids quitting
- › Select appropriate pharmacotherapy based on previous experience and preference

Client Handouts:

- › **Carbon Monoxide Record**
- › **Decisional Balance**
- › **Counting the Cost**
- › **Benefits of Quitting**
- › **Stop Smoking Medicines**




Carbon Monoxide Record

What is Carbon Monoxide?

Carbon Monoxide (CO) is a poison. It is a gas. It has no colour or smell. CO is in car exhaust fumes and in tobacco smoke.

Name

Date	My CO level	CO (ppm)	What does this mean?
		↑ Above 25 ↑	<p>Smoker</p>  <p>When you smoke you breathe CO into your lungs. CO then gets into your blood. The CO poison means the blood can't bring enough oxygen around your body.</p> <p>This means that your heart doesn't get enough oxygen. This can cause heart attack and stroke. You can also find you get out of breath very quickly.</p> <p>When you stop smoking CO in the blood falls almost immediately.</p>
		25	
		24	
		23	
		22	
		21	
		20	
		19	
		18	
		17	
		16	
		15	
		14	
		13	
		12	
		11	
		10	
		9	
		8	
		7	
		6	
		5	
		4	
		3	
		2	
		1	

Non-smoker



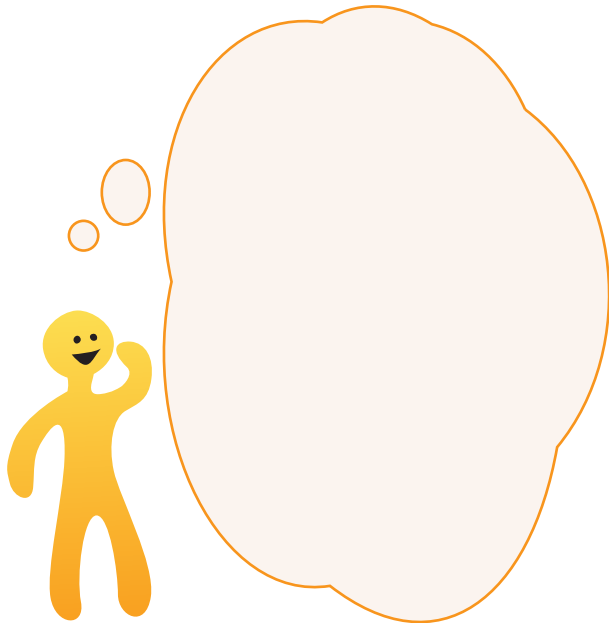
A non-smoker has no CO in the blood.

There is a good supply of oxygen to heart and lungs.

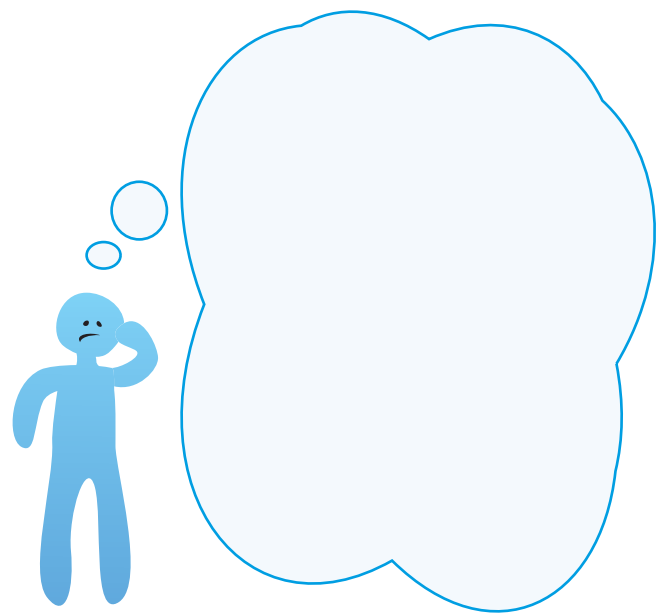


Decisional Balance

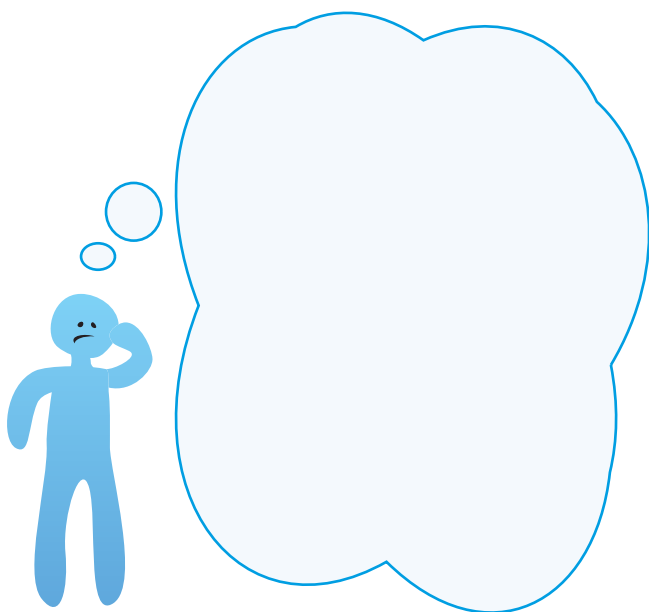
What I like about smoking is...



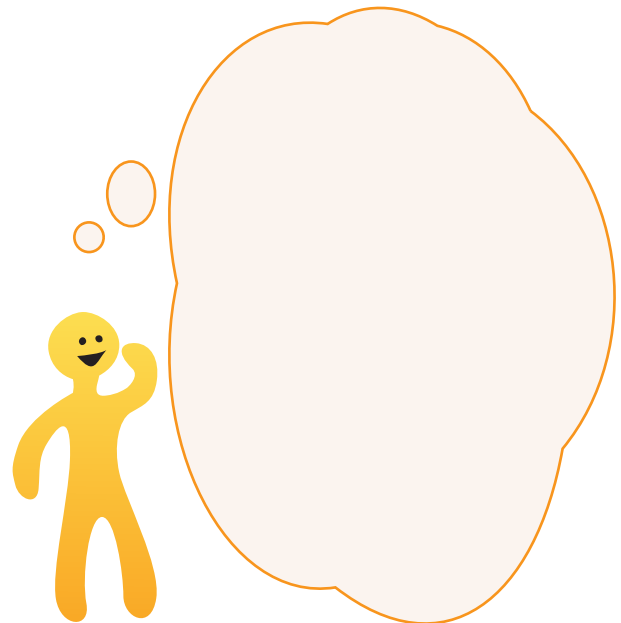
What worries me about smoking is...



What worries me about quitting is...



The good things about quitting are...



What I will try is



Counting the Cost

How much does a packet of 20 cigarettes cost?

How many do you smoke a day?

If cigarettes cost € and you smoke 20 every day,

If tobacco costs € and you use 25 grams,

that's:

about € **a week**

over € **a month**

nearly € **a year**



How much does smoking cost you?

Every week?

Every month?

Every year?



Benefits of Quitting

A blue stick figure doctor in a white lab coat with a red cross is using a sphygmomanometer on the arm of a yellow stick figure patient. A clock in the top left corner shows the time as approximately 1:50.

Blood pressure returns to normal

A yellow stick figure has a diagram of its lungs shown in purple. A calendar page next to it is labeled 'Day 1'.

**No Carbon Monoxide in the body
Lungs start to clear**

A yellow stick figure is sitting at a table with a white tablecloth, eating a meal and drinking from a glass. A calendar page next to it is labeled 'Day 2'.

**Nicotine is gone from the body
Taste and smell improve**

A yellow stick figure is running and kicking a soccer ball. A calendar page next to it is labeled 'Day 3'.

**Breathing improves
Energy increases**

A yellow stick figure has red arrows pointing upwards and downwards along its body, indicating circulation. A calendar page next to it is labeled '3 months'.

Circulation improves

A blue stick figure doctor is using a stethoscope to examine the chest of a yellow stick figure patient. A calendar page next to it is labeled '1 Year'.

**Heart and lungs
healthier and stronger**



Stop Smoking Medicines

Nicotine Replacement Therapy and other stop smoking medicines will help you stop smoking if used properly.

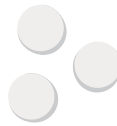
There are different type of Nicotine Replacement Therapy



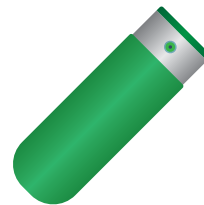
Patch
(24 hour or
16 hour)



Gum



Lozenge

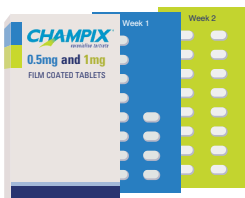


Spray



Inhaler

Other Aids



Champix
(On prescription only
from your GP)



Zyban
(On prescription only
from your GP)

- All Stop Smoking Medicines are used for 12 weeks, 8 weeks at the higher dose and then reduced to a lower dose for the following 4 weeks.
- Talk to your GP, Pharmacist or Smoking Cessation practitioner or specialist about which medicine might be best for you.
- Check how to use the type of medication you have chosen and make sure you understand the instructions before you start using it.



Session Feedback

Mark where you are on the sheet.

