

Visit 2 Worksheet

Second consult, 1 week prior to quit date

- Congratulations for attending and taking another step toward becoming smoke-free
- Discuss motivation list and review benefits of quitting
- Review withdrawal & recovery symptoms and NRT
 - Choose NRT and discuss in more detail: administration issues, side effects, taper schedule
- Discuss tobacco use log
 - Identify triggers and smoking routine
- Help patient identify *coping strategies* for identified triggers
- Reinforce quit date
- Quit date preparation*
 - Get social support – friends, family, sponsor
 - Environmental control – clean, throw out ashtrays, etc.
 - Stress taking control of the day – whether taking day off or planning an activity for the night as reward
 - Encourage self rewards i.e. saving money spent on tobacco products
- Arrange follow-up visit (quit date)
- Assign homework
 - Choose a coping strategy and practice it during the next week
 - Continue tobacco use log, if desired
 - Continue to taper, practice not smoking
 - Pick up NRT to be used
 - Quit date preparations

Documentation Guidelines

(S=subjective, O=objective, A=assessment, P=plan, E=education, R=return for follow-up)

- S: “Patient presents today for 2nd smoking cessation visit 1 week prior to quit date.”
Motivations to quit, tobacco use log (routines, triggers), any changes in smoking habit since last visit, coping strategies, preferred NRT or Zyban® and insurance coverage, etc.
- O:
Med list (including Zyban® or NRT and start date, if applicable), allergies, weight, BP (including arm), HR (compare to previous measurements and dates)
- A:
1. Motivation level and any positive behavioral changes
2. Barriers to overcome to be successful
3. Chosen NRT or Zyban®
4. Any miscellaneous issues
- P:
1. Congratulated the patient on the steps taken to become smoke free.
2. Quit date and preparations
3. Pick up NRT, if not already in possession.
4. Reinforce coping strategies
5. Any miscellaneous issues
6. **Vitals** will be taken at next visit
- E:
List handouts given and discussed.
- R:
Follow-up date. Mention topics to be discussed at next visit (post - quit date): One day at a time, quit date preparations, NRT use, rewards.