



Client Health Record #

Client Surname

Given Name

Date of Birth

Gender

MFRN

PHIN

Tobacco Assessment & Management

Tobacco Use - Assess, Assist, Arrange

SECTION I: ASSESS

Is the '*Lifestyle Band*' updated?

Yes

No

Stage of Change:

Precontemplation (not considering quitting)

Action (quit within past 6 months)

Contemplation (considering quitting)

Maintenance (quit for 6 months or more)

Preparation (preparing to quit/reduce)

Goal:

Reduce

Quit Target quit date: _____

NOTES:

Previous Methods used to Quit/Reduce:

"Cold Turkey"

Individual Counselling

Varenicline

Tapered Down

Hypnosis

Bupropion

Self-Help materials

Acupuncture

Group Help

Nicotine Replacement Therapy

Combination Nicotine Replacement Therapy (i.e. patch and gum) used together on same day

Combination Nicotine Replacement & Bupropion used together on same day

SECTION I: ASSESS

Potential Barriers:

- | | |
|--|--|
| <input type="checkbox"/> Severe Cravings | <input type="checkbox"/> Sleep Disturbance |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Irritability |
| <input type="checkbox"/> Weight Gain | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Social Pressure | <input type="checkbox"/> Other |

NOTES:

Is the patient 40 years of age or older? Yes No

Refer to Spirometry if:

Smoker or ex-smoker more than 40 years old and answers yes to any question below:

1. Do you cough regularly? Yes No
2. Do you cough up phlegm regularly? Yes No
3. Do even simple chores make you short of breath? Yes No
4. Do you wheeze when you exert yourself or at night? Yes No
5. Do you get frequent colds that persist longer than those of other people? Yes No

Referral Initiated?

Yes No **NOTE:** See Spirometry Screening Tool & Patient Handout

SECTION II: ASSIST

For Medication Prescribing Recommendations refer to:

WRHA Medication Recommendations in the Management of Tobacco Use and Dependence.

See

<http://www.wrha.mb.ca/professionals/tobacco/files/06%20Medication%20Recommendations.pdf>

NOTE: These new medication recommendations are off label and based on CAN-ADAPTT (2011) Canadian Guidelines.

Nicotine Replacement Therapy:

- | | |
|--------------------------------|----------------------------------|
| <input type="checkbox"/> Patch | <input type="checkbox"/> Inhaler |
| <input type="checkbox"/> Gum | <input type="checkbox"/> Lozenge |
| <input type="checkbox"/> Mist | |

Medications Prescribed:

- Varenicline
- Bupropion

SECTION III: ARRANGE

Internal Referral(s) to:

- | | |
|-------------------------------------|--|
| <input type="checkbox"/> Nursing | <input type="checkbox"/> Shared Care Counsellor / Counsellor |
| <input type="checkbox"/> Dietitian | <input type="checkbox"/> Employment Income Assistance for Health Phone |
| <input type="checkbox"/> Pharmacist | <input type="checkbox"/> Other: |

NOTES:

External Referral(s) to:

- Smoker's Helpline** – fax referral with consent
- WRHA - Tobacco Resources links to Canadian Tobacco Resources for Patients and Providers**
See <http://www.wrha.mb.ca/healthinfo/preventill/tobacco/resources.php>
- WRHA – Patient Handout Section in EMR 'Tobacco Reduction Resources' (1 pager)**

Arrange Notes (provide a listing of resources provided to patient):

Patient to Return for Follow-Up with me in:

____ weeks ____ days ____ month(s)

Supportive Tobacco Counselling Sessions

SECTION IV: ASSIST

INTERVENTIONS USED:

Pre-contemplation Stage (goal is to have Patient thinking, talking, and feeling about smoking):

Patient's thoughts & feelings about tobacco use?

NOTES:

Patient's perceived Pros and Cons of tobacco use?

NOTES:

Tools to Help Tobacco Users Not Ready to Stop:

- For Smokers Who Don't Want to Quit** See self-help guide developed by Canadian Cancer Society (also available as a print resource - call: 204-774-7483)
<http://www.cancer.ca/~media/cancer.ca/CW/publications/OSAAT%20for%20smokers%20who%20dont%20want%20to%20quit/OSAAT-Smokers-who-dont-want-to-quit-2013-EN.pdf>
- Reasons for Why not to expose Your Family and Children to Second Hand Smoke**
http://publications.gc.ca/collections/collection_2012/sc-hc/H13-7-25-2011-eng.pdf

Contemplation stage (goal is to explore ambivalence):

Patient's perceived Pros and Cons of stopping tobacco?

NOTES:

SECTION IV: ASSIST

Importance Level of Behavior Change (1 - not important, 10 - very important) check off which best applies:

- 1 2 3 4 5 6 7 8 9 10

Confidence Level in Ability to Change (1 – not confident, 10 – very confident):

- 1 2 3 4 5 6 7 8 9 10

Reframe cons for quitting as barriers to change & engage in problem solving of barriers.

Solutions to try:

Contemplation Notes: (solutions to try)

Tools to Help Tobacco Users Thinking About Stopping:

- Thinking About My Smoking Decisional Balance Worksheet** See <http://www.wrha.mb.ca/healthinfo/preventill/tobacco/files/DecisionBalanceWorksheet.pdf>
- For Smokers Who Want to Quit** See self-help guide developed by Canadian Cancer Society (also available as a print resource - call: 204-774-7483) <http://smokershelpline.ca/docs/pdf/osaat-smokers-who-want-to-quit-2013-en.pdf?sfvrsn=0>
- Benefits of Quitting** See <http://www.wrha.mb.ca/healthinfo/preventill/tobacco/files/BenefitsOfQuitting.pdf>
- Reasons Not to expose Your Family and Children to Second Hand Smoke** See http://publications.gc.ca/collections/collection_2012/sc-hc/H13-7-25-2011-eng.pdf

Preparation Stage:

- Managing withdrawal
- Potential challenges and triggers
- Patient's ideas about what would help them deal with triggers
- Planned quit date: _____

Preparation Stage Notes:

Refer to: **WRHA Medication Recommendations in the Management of Tobacco Use and Dependence**
See <http://www.wrha.mb.ca/professionals/tobacco/files/06%20Medication%20Recommendations.pdf>

SECTION IV: ASSIST

Action and Maintenance Stages:

- Length of quit: how long since last tobacco use?
- What strategies have been working?
- Explore Challenges and triggers:

Action and Maintenance Stage Notes:

Relapse prevention:

- Patient can identify future triggers/barriers?
- Problem solving: Plan to address each barrier

Relapse Prevention Notes:

SECTION V: ARRANGE

Internal Referral(s) to:

- Nursing
- Shared Care Counsellor / Counsellor
- Dietitian
- Employment Income Assistance for Health Phone
- Pharmacist
- Other:

Referral Notes:

External Referral(s) to:

- Smoker's Helpline – fax referral with consent
- WRHA – Refer to Patient Handout Section in EMR 'Tobacco Reduction Resources'**
- WRHA - Tobacco Resources links to Canadian Tobacco Resources for Patients and Providers**
See <http://www.wrha.mb.ca/healthinfo/preventill/tobacco/resources.php>

Arrange Notes (provide a listing of resources provided to patient):