

Appendix B7:

Smoking Progress Notes – Patient Profile										
Patient:					Date:					
Ask	No	Yes	Years Smoking:		# cigarettes/ day:		Previous quit attempt? Yes No			
Advise	“As you physician, n.p., nurse, I am concerned about your health and advise you to quit smoking. I can help you.”									
Assist	Motivational Interviewing: Q: On a scale of 1-10 how would you rate your motivation to quit smoking at this time?									
1	2	3	4	5	6	7	8	9	10	
Not ready to change			Unsure		Getting ready to change			Trying to change		
Not ready to quit Pre-contemplative/Contemplative Stage <ul style="list-style-type: none"> Ask patient if they would be willing to cut down? Focus on motivating patient Offer help when patient is ready 					Ready to quit Preparation/Action Stage: <ul style="list-style-type: none"> Set a quit date (try to arrange 1st counseling session within 1 week of quit date) Discuss pharmacotherapy if ready Offer patient educational material 					
Patient’s reasons to quit:			Health		Children/Spouse		Financial	Social	Other	
Patient’s concerns about quitting:			Weight	Withdrawal	Social	Stress	Relapse	Other		
Counselling Visit #1										
PATTERN OF SMOKING: Harder to quit if smokes >15 cigs/day, <1 wk smoke free in past year, started < 16 years of age					Date:					
Age started to smoke					Notes/Comments:					
Time of 1 st cigarette after awakening (e.g. 30 minutes)										
Date of last quit attempt:										
Duration of last quit attempt:										
Reason for relapse (or n/a)										
PREVIOUS MEDICATION USE:			Nicotine Gum	Nicotine Patch	Nicotine Inhaler		Bupropion HCL	Champix		
Comments:										
QUIT PLAN:	Already quit? Yes No		Ready to set a quit date? Yes No Uncertain			Quit date (if applicable):				
Consider Pharmacotherapy:			Nicotine Gum	Nicotine Patch	Nicotine Inhaler		Bupropion HCL	Champix		
Follow-up – Relapse Prevention			Reinforcement		Intensive Intervention		Withdrawal symptoms		Not required	
Referral to Community Smoking Cessation Program?							Yes		No	
Counselling Visit #2										
PATTERN OF SMOKING: Harder to quit if smokes >15 cigs/day, <1 wk smoke free in past year, started < 16 years of age					Date: (Should be within 1 month of 1 st counselling visit)					
Current smoking status:					Notes/Comments:					
Time of 1 st cigarette after awakening (e.g. 30 minutes)										
Date of last quit attempt:										
Duration of last quit attempt:										
Reason for relapse (or n/a)										
MEDICATION USE DURING QUIT ATTEMPT:			Nicotine Gum	Nicotine Patch	Nicotine Inhaler		Bupropion HCL	Champix		
Comments:										
Consider Pharmacotherapy:			Nicotine Gum	Nicotine Patch	Nicotine Inhaler		Bupropion HCL	Champix		
Follow-up – Relapse Prevention			Reinforcement		Intensive Intervention		Withdrawal symptoms		Not required	
Referral to Community Smoking Cessation Program?							Yes		No	

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