

Stop Smoking Education Plan

Getting Ready to Learn About Stop Smoking

Learning something new can be hard. It is even harder if you are not feeling well. The purpose of this education plan is for you and the staff to review this information together. Here are some good things to tell the staff:

- Who you want to learn with you. We would like to have someone who will be helping you at home learn with you.
- The best way for you to learn. Do you learn best by reading a book or pamphlet, or by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus on learning right now.

This information is important to your health. We may explain something more than once. We will be giving you information in small bits over several days. If there is something you don't understand, *It's OK to Ask* us to explain.

What I Need to Learn About Stop Smoking

By the time I leave the hospital I will be able to show or tell the staff:

1. What problems are caused by smoking.
2. Why I need to stop smoking.
3. What I may feel when I stop smoking.
4. What I can do to help myself stop smoking.

The staff will use three questions to teach me about Stop Smoking:

1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat back important points in my own words, or ask me to show what I have learned. They want to make sure that I know about my medication and how to take it safely and correctly.

What is my main problem?

I smoke cigarettes. When I smoke cigarettes I increase my chances of having cancer, emphysema, osteoporosis, heart disease, stomach problems as well as other issues. If I smoke around people who do not smoke, I increase their chances of having these problems as well.

What do I need to do?

I will be able to tell the staff why I need to stop smoking.

- If I stop smoking, I decrease my chance of getting lung cancer. My chances are cut in half if I can stop smoking for at least 10 years.
- I decrease my chances of having a heart attack if I do not smoke.
- I will be able to breathe better if I am not smoking.
- I will decrease my chances of having a stroke.
- I will have extra money to spend on things besides cigarettes.

I will be able to tell the staff what I may feel when I stop smoking.

- I may crave cigarettes, be crabby and feel hungry.
- I may gain weight when I quit smoking.
- I may be coughing, have headaches or problems concentrating.
- The symptoms I have from withdrawal of nicotine, the addictive drug in cigarettes, will go away in 10-14 days.
- I may crave smoking for a longer period of time.
- I need to remind myself that the diseases I can get from smoking would feel worse than I feel right now.
- If I do smoke again, I will not give up hope. Many smokers quit 3 times before they are successful.
- If I do smoke, I will begin a plan of what I will do the next time I feel the urge to smoke.

I will be able to tell the staff what I can do to help myself stop smoking.

- I have made up my mind to quit smoking. If I am not committed, I won't be able to stop. My willpower is my strongest tool to quitting.
- When I feel these desires to smoke, I need to stay in control. I will find help from:

- My local American Cancer Society
- My local American Lung Association
- Internet sites for stop-smoking ideas
- My physician
- My family and friends
- I know that nicotine is a highly addictive drug that is found in cigarettes. It is the nicotine that makes me want to smoke.
- I can ask my doctor about nicotine replacement options. These options do not contain the many harmful substances that are found in tobacco. These may include:
 - Nicotine patch
 - Nicotine inhaler
 - Nicotine lozenges
 - Nicotine gum
 - Nicotine nasal spray
- I can ask my doctor about medicine that will help me not want to smoke.
 - Chantix® (Varenicline) is a drug that blocks the nicotine receptors in my brain so that I don't want to smoke.
 - Zyban® (bupropion) is another non-nicotine containing medicine I can take to help me stop smoking.
- I can try some other behavioral support options.
 - Quitline® is a telephone based support program through the American Cancer Society. There are trained counselors available 24 hours a day that can talk to me when I am tempted to smoke.
<http://www.acsworkplacesolutions.com/quittobacco.asp> If you do not have access to a computer, you can contact your local chapter of the American Cancer Society.
 - Hypnosis
 - Acupuncture

Why is this important to me?

Stopping smoking may be one of the hardest things for me to do. If I want to improve how I feel and prevent health problems in the future, I need to stop smoking. I need to ask my family and friends to help me by not smoking around me and keeping me on track to stop smoking. I will not give up until I stop smoking.

As part of my care and to help me understand Stop Smoking I may receive:

- Exit Care Handout “Smoking Cessation”
- Exit Care Handout “Smoking Cessation – Tips for Success”
- Don’t Give Up Giving Up Workbook

Stop Smoking

Education Plan

Resources

- See Teaching Tools
- Exit Care Handout “Smoking Cessation”
- Exit Care Handout “Smoking Cessation – Tips for Success”
- Mosby’s Nursing Consult - [Smoking Cessation](#)
 - Thompson: Mosby’s Clinical Nursing, 5th ed.
 - Primary Care, 4th ed. Buttarro

Teaching Tools

- Exit Care Handout “Smoking Cessation”
- Exit Care Handout “Smoking Cessation – Tips for Success”
- Don’t Give Up Giving Up workbook

References

- Mosby’s Nursing Consult - [Smoking Cessation](#)
 - Thompson: Mosby’s Clinical Nursing, 5th ed.
 - Primary Care, 4th ed. Buttarro
 - ExitCare Patient Education Handouts
 - Smoking Cessation
 - Smoking Cessation – Tips for Success

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Always close each teaching session with the question, “What questions do you have for me?”

***This page is intended for staff use only. Do not give to the patient. This document is not a part of the permanent medical record.**