

# Appendix M

## Algorithm for Assessment of Patient Willingness to Quit Smoking

Are you willing to quit smoking now?

<p><b>No</b></p> <ul style="list-style-type: none"> <li>• Provide strong, unequivocal advice.</li> <li>• Ask about knowledge of negative consequences (risks).</li> <li>• Identify potential benefits.</li> <li>• Ask patient to limit number of cigarettes/tobacco products.</li> <li>• Protect cardiac disease status (i.e., antiplatelet agents, beta-blockers).</li> <li>• Provide resources regarding smoking programs, if applicable.</li> <li>• Ask about capability of follow-up.</li> </ul>	<p><b>Yes</b></p> <ul style="list-style-type: none"> <li>• Determine need for cessation or relapse prevention.</li> </ul> <p><b>Cessation</b></p> <ul style="list-style-type: none"> <li>• Set quit date.</li> <li>• Determine method for cessation:             <ul style="list-style-type: none"> <li>• Cold turkey</li> <li>• Decreasing number of cigarettes</li> <li>• Switching brands</li> </ul> </li> <li>• Ask patient to self-monitor.</li> <li>• Offer pharmacotherapy as needed before quitting</li> </ul> <p><b>Relapse prevention</b></p> <ul style="list-style-type: none"> <li>• Identify high-risk situations.</li> <li>• Offer cognitive and behavioral strategies.</li> <li>• Contract to remain nonsmoker.</li> <li>• Provide counseling for the following:             <ul style="list-style-type: none"> <li>• Weight gain</li> <li>• Alcohol use</li> <li>• Loss/deprivation</li> <li>• Social support</li> <li>• Exercise</li> <li>• Depression</li> </ul> </li> <li>• What about slips?             <ul style="list-style-type: none"> <li>• Recommend pharmacologic therapy for all eligible patients.</li> <li>• Provide medication instruction.</li> <li>• Offer instruction sheets.</li> </ul> </li> </ul>
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