

# Quit Manual

## OVERVIEW FOR SMOKING CESSATION NAVIGATOR

### PROGRAM OVERVIEW

The program is designed to help clients quit smoking by: 1) exploring what they know about the harmful effects of smoking, 2) assess reasons to quit, readiness and confidence, 3) discuss their triggers and urges to smoke and developing personalized strategies to cope with situations and feelings that may get in the way of quitting and 4) Utilize the Nicotine Replacement Therapy to quit. The goal is to help smokers think through their quit plan, support them in their quit attempt and to help them make changes to the plan as needed.

### Ask-Tell-Ask Model

Each session utilizes the Ask-Tell-Ask Model to elicit clients' barriers, concerns, and ideas about quitting smoking. Always try to ASK before providing information (TELL). Sections of the manual are labeled with Ask-Tell-Ask to remind Smoking Cessation Navigator (SCN) to use this technique.

## GOALS

- Provide an overview of the navigator program
- Review smoking behavior and past quit attempts
- Elicit pros and cons of quitting
- Review resources available to help them quit

### Step 1: Assess the Participant's Interest and Readiness

1. Provide an overview of the services and assess client's interest in quitting smoking.
2. Understanding client's smoking history and current smoking habits
  - When did they start smoking?
  - How much do they currently smoke?
  - Are they interested in quitting?
  - Have they ever tried to quit before?

**TELL** them that one of the reasons why it is hard to quit smoking is that the nicotine in tobacco is an addictive drug. After you have smoked for a while your body gets used to nicotine and relies on it to feel normal. So when you don't give your body nicotine your body will react by sending you unpleasant signals. These are called withdrawal symptoms.

### Common Withdrawal Symptoms

- |                           |                            |
|---------------------------|----------------------------|
| ➤ Irritable or angry mood | ➤ Difficulty concentrating |
| ➤ Nervousness             | ➤ Restlessness             |
| ➤ Drowsiness              | ➤ Slower heart rate        |
| ➤ Feeling frustrated      | ➤ Feeling hungry           |
| ➤ Headaches               | ➤ Cravings                 |
| ➤ Difficulty sleeping     | ➤ Depressed or sad mood    |

**ASK** clients:

- What do you think about the information provided?
- If they have tried to quit in the past ask how withdrawal symptoms have impacted their previous quit attempts.

**TELL** them that one way to control withdrawal symptoms is by using medications like the nicotine patch or nicotine gum during their quit attempt. **ASK** if they have questions about smoking cessation medications.

### 3. Assess pros and cons of quitting

At times improved health will not be a person's primary motivation for quitting smoking. Perhaps the client is not be ready or afraid to quit, or still unsure about the value of quitting. Use the questions below to help clients weigh the costs and benefits of quitting smoking:

- Could you tell me some of the things you like (enjoy) about smoking?
- Could you tell me some of the things you don't like about smoking?
- Could you tell me some of things you would dislike about quitting?
- What is the best thing that would happen if you quit smoking?

**ASK** clients to summarize the pros and cons of quitting starting with the negative aspects of quitting and finishing with the pros. After completing the summary, **ASK** "Do you think the good things about quitting outweigh the bad things?"

Given the client time to respond.

## STEP 2: Understanding Triggers

**SPECIALIST NOTE:** Nicotine withdrawal symptoms are only one challenge associated with quitting. The other reason smokers find it hard to quit is that over time smokers learn to use smoking as a way to deal with certain feelings and situations. These feelings, situations and

*activities are referred to as triggers because they trigger smoking behavior. Breaking that link between the trigger and smoking is an important step towards total abstinence from smoking.*

**Tell:** Nicotine addiction can make it difficult to quit but there are also situations, feelings and thoughts that can stimulate the urge to smoke. These feeling, thoughts or activities are called triggers.

**ASK** clients to explain in detail what thoughts, feelings, times, people, places and activities are linked to smoking. (Example: morning coffee, anger, stress). If they have trouble explaining their triggers ask these questions:

- a. How is smoking part of your routine?
- b. What were you thinking right before you used tobacco the last time?
- c. What were you feeling right before you used tobacco the last time?
- d. What were you doing when you were using tobacco the last time?

Example Triggers	
<b>Physical Triggers</b>	<b>Habit Triggers</b>
➤ Have a headache	➤ Watching TV
➤ Smelling smoke	➤ Waiting for the bus or subway
➤ Drinking alcohol	➤ After eating
<b>Emotional Triggers</b>	<b>Thought Triggers</b>
➤ Happy	➤ I need a cigarette
➤ Bored	➤ I can't handle this without smoking
➤ Angry	➤ One cigarette won't kill me

**TELL:**

- Some triggers are considered high risk because they are situations where overcoming the urge to smoke will be hardest like when you are around friends who smoke
- By identifying your triggers, we can come up with coping strategies to help you manage the trigger instead of smoking a cigarette

### Step 3: Tools to quit

**SPECIALIST NOTE:** At this point the client, if client is interested in using NRT to quit, explain how to use the patch and gum and set up a quit date. Assist the client create a quit plan if interested. If not, provide encouragement and resources (i.e. flyers, brochure) and encourage them to reach out to you if they decided to quit in the future.

## A. Nicotine Replacement Therapy

### 1. Suggest setting a quit date

- a. Acknowledge and affirm fears and concerns
- b. Reassure participants that they will not be alone in their quit attempt
- c. Discuss creating a plan
- d. REFER TO HANDOUT #1 (Not sure if AAFE has one)

### 2. Offer Nicotine patch/gum

- **TELL** clients that for those people ready to quit in the next few weeks we are offering two weeks of free nicotine patch and gum.
- **ASK** how they feel about taking medications to quit smoking (i.e. concerns about side effects or whether it will be effective)?
- If willing to use the patch, provide one box (which is 2 weeks of treatment) and the instruction sheet. Explain how to use the patch.
- If willing to use the gum, provide one box (which is 2 weeks of treatment) and the instruction sheet. Explain how to use the gum.

### 2. Suggest getting counseling through the smokers' quit line and other options

- Provide information on the quit line: [asiansmokersquitline.org](http://asiansmokersquitline.org). **ASK** if they have questions about the quit line.
- **Ask** if they would like to be connected before they leave or prefer to have the quit line call them.

**SPECIALIST NOTE:** IF THEY SPEAK AND READ ENGLISH provide information about other resources including [smokefree.gov](http://smokefree.gov) text messaging program and local counseling programs in their community. For other Asian languages (Vietnamese, and Korean), refer clients to [asiansmokersquitline.org](http://asiansmokersquitline.org).

**SPECIALSIT NOTE:** *If the client prefers another medication encourage them to speak to their doctor. Clients with Medicaid, they can get other types of smoking cessation medications free with a prescription from their doctor.*

### Side-effect of Nicotine Replacement Therapy

#### Patch

- Headache
- Vivid dream
- Skin irritation
- Dizziness
- Itching
- Nausea

#### Gum

- Upset stomach
- Increased blood pressure
- Loss of appetite
- Fast heart rate
- Dizziness

**B. If NOT READY TO QUIT**

- Acknowledge and affirm fears and concerns
- Reassure participants that they will not be alone in their quit attempt
- Provide brochures and other materials
- Review the resources that are available to help (quit line, in person counseling, free medication)

**Summarize the session:**

- ✓ Reasons for quitting
- ✓ Coping strategies they identified to overcome withdrawal symptoms and triggers
- ✓ Provide instruction sheet on nicotine patch and gum