

The Path to Quitting¹

Like any other health condition (diabetes, hypertension), offer all patients treatment that they must choose to opt out of.²

Motivation to quit may not predict abstinence

In one study, only 50% of those who ultimately quit initially said they were planning to.³



Same quit rate

Smokers not ready to quit actually quit at the same rate as those who were ready to quit, when offered pharmacotherapy.²



Intervention matters to patients

Advising all patients to quit, compared to no advice, significantly increases long-term abstinence.⁴



Smokers generally go through a series of stages on their way to quitting. People go through these stages at different rates and may go back to previous ones at different times.¹

THE STAGES OF CHANGE



PRECONTEMPLATION: Not thinking about quitting

May be discouraged by previous quit attempts, so they think it's impossible to quit



CONTEMPLATION: Thinking about quitting, but not yet ready

Thinks about quitting in the next 6 months or less. Patient will most likely respond to motivational interviews



PREPARATION: Getting ready to quit

Makes the decision to quit and takes small steps to formulate an action plan



ACTION: Quitting

Solidifies an action plan to stop smoking and to help deal with potential "slip-ups"



MAINTENANCE: Remaining a non-smoker

Stays on track and has completed the recommended length of treatment. Patient may also need continued reinforcement to help prevent a relapse

YOU MAKE A DIFFERENCE

Physicians, nurses and pharmacists can have a significant effect on the smoking behaviour of their patients.⁵

Even **less than 3 minutes of your counselling** can make a big impact.⁶

Knowing which **drugs interact with tobacco smoke** can help inform dose adjustments, monitoring and smoking status changes.

REFERENCES: **1.** Prochaska JO, DiClemente CC and Norcross JC. In search of how people change. *Am Psychol* 1992;47(9):1102-1114. **2.** Richter KP, *et al.* It's time to change the default for tobacco treatment. *Addiction* 2014;110:381-386. **3.** Pisinger C, *et al.* It is possible to help smokers in early motivational stages to quit? The Inter99 study. *Preventive Medicine* 2005;40:278-284. **4.** Reid RD, Pritchard G, Walker K, *et al.* Managing smoking cessation. *CMAJ* 2016;188:E484-E492. **5.** Ockene IS and Miller NH. Cigarette smoking, cardiovascular disease, and stroke: A statement for healthcare professionals from the American Heart Association. *Circulation* 1997;96(9): 3243-3247. **6.** Fiore MC, Jaén CR, Baker TB, *et al.* Clinical Practice Guideline: Treating Tobacco Use and Dependence: 2008 Update.