

Tips to help patients trying to quit

Manage expectations: quitting often takes several attempts

Be persistent: try not to be discouraged by a relapse; use it as a learning experience for both of you

Make repeated contacts: every visit is an opportunity to counsel your patients

Help your patients take the next step: encourage your patients to take the next step towards quitting smoking

Bolster self-efficacy and motivation: encourage your patients to believe in themselves and their ability to quit

Match your strategy to the patient's stage of change (e.g., motivating vs. creating a plan)

Tips for motivating your patients

Focus on providing:

- Appropriate empathy
- Non-judgmental advice
- Personalized feedback (reflected back to the patient)
- Positive reinforcement

Motivational strategies can:

- Support self-efficacy
- Promote autonomy
- Be applied when patients are unready, unwilling, or unable to quit smoking