

Appendix A – Part I: Smoking Cessation

Brief patient assessment for smoking cessation treatment in BC.

Ask and Advise

1. Ask all patients if they currently smoke or use any other tobacco products. If yes, respectfully advise them to quit.

Assess (Note: complete questions 8 & 9 before administering or recommending a treatment).

2. Would you be willing to receive assistance to quit smoking in the next month?
 - Absolutely not: provide brief assistance (motivational counseling; identify benefits, barriers and concerns about quitting; build patient confidence; recommend *QuitNow* by phone [1 877 455-2233] or Web site [www.quitnow.ca])
 - Yes, absolutely: go to next question
3. Have you ever been diagnosed or treated by a doctor for schizophrenia, depression, alcohol or other substance abuse?
 - Yes: recommend appropriate pharmacotherapy and refer patient to most intense and specialized counseling available in your area (see section II, next page)
 - No: go to next question
4. On average, how many cigarettes do you smoke each day?
 - ≥ 15 : recommend appropriate pharmacotherapy and refer to QuitNow or provide brief assistance to quit
 - ≤ 14 : go to next question
5. How confident are you that you will be able to quit smoking and remain smoke free?
 - Very confident (1 point)
 - A little confident (2 points)
 - Not at all confident (3 points)
6. Do you have at least one person you can count on for support while you quit smoking?
 - Yes (1 point)
 - No (2 points)
7. Would you describe your life as:
 - Not at all stressful (1 point)
 - A little stressful (2 points)
 - Moderately stressful (3 points)
 - Very stressful (4 points)

Add together points from questions 5, 6 and 7:

If > 6 : provide brief assistance to quit or refer patient to QuitNow by phone (1 877 455-2233) or use QuitNow Physician Fax Referral form

If ≤ 6 : provide or arrange for self-help book or Web site (www.quitnow.ca) for self-help materials

Assist or Arrange

8. Have you previously used [treatment from questions 2-4]?
 - Yes: go to next question
 - No: provide or recommend treatment as described in the previous section
9. Do you think you would benefit from trying it again?
 - Yes: provide or recommend treatment as described in the previous section
 - No: provide or recommend the next most intensive treatment identified in the previous section