

# Some suggestions on how to deliver your stop smoking advice

## One-to-one

In specific smokers' clinics, incorporated in other clinic appointments e.g. asthma clinic, or routine care e.g. antenatal visits. Drop-ins or general awareness sessions can also be organised in healthcare and community settings.

## Suggestions that you could include:

Introduce the session:

Discuss client's reasons for stopping

Weighing up pros & cons

Hopes & fears

Discussion of tobacco/smoking & health

## CO monitor

### Preparation for attempt:

Smoking diary

Discussion of habit, triggers, relapse.

NRT & other things to help

Weight/lifestyle issues

Stress & relaxation

Goals/rewards

Set quit date, arrange follow-up

Give Stop Smoking Information Pack

## Group Work

The Stop Smoking Service has prepared session plans for stop smoking groups. Please call us on 205 5998.