

Module 12 Case Studies for Groups

1. Kathryn

Share with everyone:

“My name is Kathryn and I am 32 years old. I have been smoking since age 13. Usually I smoke about 1ppd of Virginia Slim’s. Since finding out I was pregnant 4 months ago I cut down on my smoking to 5 a day. In the past the only time I stopped was when my son and daughter were born – both times I started back up again after they were born, the cravings were so bad. I am worried about not being able to quit smoking now, my life is very stressful and cigarettes help calm me down. My 7 year old came home in tears from school last week and told me I needed to stop for good, but I don’t know if I can. My OB said I could use a nicotine lozenge a few times a day, but I don’t know anything about it. Maybe it will help? My baby is due in a few months and I want to quit for her health as well as mine”

Additional information for your small group discussion:

- Kathryn quit cold-turkey during her past 2 pregnancies
- At other times, she has been unable to make it more than one day without smoking
- You know her obstetrician; she works for the same Tobacco-Free clinical system as you
- Kathryn measured 10ppm for expired carbon monoxide consistent with about 5-10 cigarettes per day
- Time to First Cigarette (TTFC): within 30 min of waking
- Her fixed income is very limited, and she is on Medicaid
- She has a smart phone and likes social media

Small group discussions:

1. Breakout One:

- a. Pre-Cessation Phase: Recommend specific strategies this client might use to help get ready to quit
- b. Cessation / Quitting Phase: Recommend specific strategies this client might use once a quit date has been established

2. Breakout Two:

- a. Relapse Prevention Phase: Recommend specific strategies this client might use to help avoid a relapse
- b. Describe a process for Relapse Recovery

2. Jason

Share with everyone:

“Hi, I’m Jason, and I’m a 20 year old student at Northeastern University. In high school, I played several sports. I never smoked, and neither did my friends or family. I like being at college, but it’s really different than high school. I don’t play sports at school anymore, except for some casual pick-up games. Schoolwork is tough, so I like to relax on weekends. There is a lot of partying and heavy drinking around the social events on campus. When I’m at a party it seems that everyone one is vaping. It is really part of the social scene. I tried vaping during my first year, and at first I only vaped at parties or when I was out with friends. Soon I started vaping every day. I’m not addicted or anything like that – it’s just something I enjoy doing. My parents found out this year that I was vaping, but I told them that I didn’t do it that often. But now my girlfriend is getting upset when she sees me vape. She doesn’t vape or smoke and never has. I am trying to not vape when I’m around her, but I’m really not sure I could have fun and party with my friends without Juuling.”

Additional information for your small group discussion:

- Vapes within 30 minutes of waking up
- He goes through approximately one Juul pod each day.
- He vapes throughout each day.
- He is starting to be bothered spending the money as he is trying to save up to go on a spring break trip with his friends.
- He has heard about the deaths and lung injury (EVALI), but he states those are the “black market” ones and everyone had added THC which he does not do.

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3. Bill

Share with everyone:

"My name is Bill, I'm 55 years old, and I have been detoxing again at Parrsboro Medical Center for 3 days. Was I angry to hear that this time I couldn't smoke! Well, I used the large patch and it helped but I am still having cravings, especially after meals. The doctor here said that they could order some nicotine gum, I'm certainly willing to give it a try. This is the first time I haven't smoked for 3 days in my life. I took up smoking pot when the pot shop opened up in the town next to me, but that is not a problem, I only use it to relax you know, I'm not addicted....but now that you mention it I do feel like having a cigarette after smoking pot. My counselor has encouraged me to at least think about quitting smoking along with the drinking when I go into rehab. I'm not getting any younger and my health is not what it used to be."

Additional information for your small group discussion:

- Bill smokes ~2 packs per day; Time to First Cigarette (TTFC) 10 minutes after waking
- Bill measured 13ppm for expired carbon monoxide (CO) the morning after he was admitted, some 12 hours after his last cigarette
- Admitting drug screen was positive for alcohol, cannabis, and cotinine
- He is currently using one 21mg patch
- He said he smoked a cigarette in the bathroom after a meal the craving was so strong
- Bill has Medicaid insurance
- He has been to Alcoholics-Anonymous before and has a sponsor that smokes
- Most of his peers in recovery smoke and some have advised him to wait to quit
- You have heard of a rehab center that has a tobacco-free campus

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4. Jerry

Share with everyone:

“My name is Jerry. I’m 36 years old, and I am definitely interested in quitting. I’ve been thinking about it for several years now and have cut down to 12-15 cigarettes a day. My partner is worried about me getting sick – I have been coughing a lot. I am young though; I couldn’t possibly be sick from smoking – it must be allergies or my asthma. I used to have an eating disorder, but I am ok now. When we go out many of the places seem to have a lot of smoking. Maybe I’ll switch to smokeless tobacco first to help me quit; isn’t that safer?”

Additional information for your small group discussion:

- Used to smoke name brand tobacco but 5 months ago switched to “Roll Your Own” (RYO) pipe tobacco to save money
- Time to First Cigarette (TTFC): 60min
- Has tried Snus before, but continued to smoke cigarettes
- His partner Stephen smokes and is not interested in quitting; in fact told him he could vape instead of smoking. Stephen works in a tobacco shop.
- Many of their friends smoke, a few have quit
- He once quit for 6 months using nicotine gum, relapsed when he met Stephen

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5. Andrea

Share with everyone:

"My name is Andrea, I am 47 years old. I smoke menthol cigarettes – maybe 1 ½ packs a day. I have a cigarette and a coffee first thing in the morning, nothing beats it. My job is quite stressful; I'm a lawyer at the University of Massachusetts. I gave up drinking alcohol 5 years ago and AA helped. My husband, my kids and even my father have been after me to quit smoking. They are all against me! But, even after a heart attack I can't seem to stop on my own. My cardiologist told me to try the patch, which she says is covered by my insurance. I did buy one of those Vapes and you know, it was pretty good. Maybe I will try the JUUL's or use the patch. There are a few ladies in the choir I am in that said they are worried about me. I am not afraid to admit that I need help, that's why I'm here."

Additional information for your small group discussion:

- Andrea is African American.
- Has tried to quit before by cutting down as well as going cold turkey
- Was able to quit once for about a month by tapering
- Time to First Cigarette (TTFC): 5 minutes
- Carbon monoxide (CO) test done with you was 25ppm
- Used a 21mg patch in hospital after heart attack with good results. Although she has tried the gum and lozenge before, she prefers the patch
- She still has the Vape pen at home

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6. Robert

Share with everyone:

"I am Robert – I am 77 years old, but look only 67, haha! I really started smoking in the service when they used to put cigarettes in our ration kits. I used to be in such better shape then, now I get winded going up the stairs. I want to stop smoking, but what can you do? Cold turkey is the only way to quit; you just have to have the willpower. I still kind of like smoking - it helps me with my PTSD and gives me a way to hang out with my buddies at the VFW when we are having a few. The other night a few of them were talking about our Tri Care VA benefit, and they were saying that they have a lot of help for vets to stop. I think it may be too late for me. I have to admit that the thought of quitting for good is pretty scary. Maybe with some help from the VA it would be easier."

Additional information for your small group discussion:

- 30 cigarettes/daily
- "Not as active as he used to be"
- Believes that he can only quit cold turkey, has never tried NRT
- Has never tried to quit before
- Post Traumatic Stress Disorder (PTSD) diagnosis
- Drinks about 6 beers, plus a shot or two of whiskey when socializing with his buddies at the local VFW
- Has VA benefits
- Has tried going to a Nic-A meeting before but wants to try something else this time
- Buys cigarettes at the Air Force base where they are much cheaper.

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7. Linda

Share with everyone:

"My name is Linda and I have been smoking since I was a teenager. I switched to little cigars about five years ago because they are cheaper – but I really cannot afford these either. I thought about trying an e-cigarette but saw a youtube video where there was a fire caused by one of them – that scares me. Where I live is banning smoking in 3 months – I don't want to get kicked out of my home!

I am on medication for depression, but I do have bouts of depression from time to time. When this happens I do not want to go anywhere. My sister will call me at home during these times. It is really helpful to talk to someone.

I've never tried to quit before and it has taken forever to find meds that help, so I am worried how quitting will affect my depression. I know boredom is my biggest trigger; I just need to figure out something else to besides smoke. I like video games and reading in the library sometimes. I am also concerned about gaining weight. Several of my friends gained a lot of weight when they tried to quit. I'm thinking it is time to quit but I can't afford to have my depression come back or to gain a lot of weight."

Additional information for your small group discussion:

- 45 y/o female, never tried to quit before
- Diagnosis of Major Depressive Disorder (MDD), takes several anti-depressants
- 20 little cigars daily, smokes when "bored or feeling down"
- Concerned that depression will worsen if she quits
- On limited income due to disability. Has supportive Psychiatrist and PCP

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8. Jim

Share with everyone:

"Hi, I'm Jim. I just turned 66. I smoke about a pack of Newports every day, sometimes up to 30/day when I'm really bored. I have many health issues; my COPD is especially hard on me. I have Medicare and I would love to retire, but have to continue working because money is so tight. I care off and on for my two grandchildren. They must be getting a lot in school about smoking, because they really want me to quit. They see how many doctor appointments I have.

My new job is working security second shift. It is really hard to smoke at work but I love to smoke 2 or 3 cigarettes in the car on my way to and from work. I'm thinking I should just stop. I remember how much better I felt when I quit for 9 months. Not to mention how much money I'd save. I need a vacation! And my doctors said my COPD won't get any worse. That's really important to me, I don't want to have to start hauling an oxygen tank around with me. "

Additional information for your small group discussion:

- 20-30 menthol cigarettes per day
- In addition to COPD, Jim has diabetes
- "They are getting too expensive"
- Father of 2, grandfather of 2, all concerned about his smoking
- Quit for 9 months about 5 years ago, used the patch

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