Algorithm for Physician-Delivered Smoking Intervention

1. Advise cessation
2. Assess motivation
3. Assess past experience with quit attempts
4. Discuss problems/barriers to stopping
5. Discuss resources
6. Reassess desire and plan for change
7. Set follow up contact

- Personalize risks of smoking and benefits of stopping
- How do you feel about your smoking?
  - How do you feel about stopping?
  - What reasons would you have for stopping?
  - Are you thinking about stopping in the next six months?
- Did you ever stop smoking before?
  - If yes: When and why did you stop? How did you stop? What problems did you have? What helped? When and why did you start again?
  - If no: Have you made any other positive changes in your lifestyle, such as exercise or diet? How? Any problems? What helped you?
- In what situations do you most want to smoke?
- What possible problems are you concerned about if you stop smoking?

High dependency
- Discuss possible use of nicotine replacement
- Discuss tapering

Low dependency
Decides to stop
- Set quit date
- Review strategies
- Prescribe and direct use of nicotine replacement

Decides to cut down
Discuss
- Tapering down
- Cut to lower nicotine cigarettes
- Switch brands
- Encourage commitment to stop.

Decides not to stop or unsure
- Discuss other related goals (e.g. relaxation approaches, exercise program)

Complete a plan for change
Provide self help material
Discuss at next regularly scheduled visit