

Sample Tobacco Treatment Plans

Quit Plan for Client Not Ready to Quit

- Use Motivational statements and strategies to support motivation to quit, such as: _____
- Discuss Relevance, Risks, Rewards, Roadblocks, and Repeat (The 5 Rs): _____
- Reassess readiness to quit every: _____
- Do a Trial Quit for _____ days or use Pre-Quit NRT starting: _____
- Begin Nicotine Replacement Therapy: Check one:
 - Nicotine gum 4 mg Nicotine gum 2 mg
 - Nicotine lozenge 4 mg Nicotine lozenge 2 mg
 - Nicotine Patch 21 mg Nicotine Patch 14 mg Nicotine Patch 7 mg
- Reviewed medication use instructions: _____

Quit Plan for Client Ready to Quit:

- Remove tobacco products from home/ car/ work; including ashtrays, tobacco industry giveaways, lighters, etc.
- Manage challenges and high risk situations using the following strategies: (eg. avoid the convenience store for the next 2 weeks, avoid all alcohol, etc.)
- Identify a support person
- Call or accept referral to the Maine Tobacco Helpline
- Follow up with or attend _____ treatment support group, or face-to-face counselor, etc.)
- Register for support online at (check if using):
 - smokefree.gov becomeanex.org text2quit other _____
- Medication – Client will use:
 - Nicotine gum 4 mg Nicotine Patch 21 mg
 - Nicotine gum 2 mg Nicotine Patch 14 mg
 - Nicotine lozenge 4 mg Nicotine Patch 7 mg
 - Nicotine lozenge 2 mg Combination NRT
- Reviewed medication use instructions
- Prescription Medication (circle) (Nicotine Inhaler, Nicotine nasal spray, bupropion, Chantix – Refer to (MD, DO, PA, NP) _____
- Patient education materials provided