

# 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)