



Addressing Tobacco Use in Treatment Planning

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COMTREA

Overview

- Utilizing stage matched interventions
- Case Study
 - Substance Abuse Treatment Consumer & Mental Health Treatment Consumer
- Incorporating other treatment providers
- Addressing relapse
- Resources

Stages of Change

- Research has shown that change is a state that can be influenced by motivation, even those consumers that are resistant to or not ready to change.
- Stage status and motivational readiness predict a consumer's willingness to participate in the change process.
 - Precontemplation
 - Contemplation
 - Preparation
 - Action
 - Maintenance

(James Prochaska and Carlo DiClemente)

Stage Matched Treatment

Precontemplation Stage

- Consumer has no thoughts of changing behaviors
- Treatment goals may focus on exploring tobacco use behaviors, introducing ambivalence, acknowledging and respecting current stage
 - Exploring core values, what's important for them related to health, appearance, image, etc. to help identify and develop discrepancies
 - Explore smoking habits/routines to better understand role of smoking in their life

Stage Matched Treatment

Contemplation

- Consumer willing to receive new information, plans to stop smoking within 6 months
- Treatment goals may focus on resolving ambivalence, clarifying commitment
 - Explore pro's and con's of smoking or quitting, may use a decision matrix to better illustrate these
 - Utilize importance/confidence scales
 - Clarify personal motivation and anticipated rewards
 - Relate smoking to other addiction/treatment knowledge or history

Stage Matched Treatment

Preparation

- Consumer requests advice and information, plans to quit smoking in next 30 days
- Treatment goals focus on clarifying goals
 - Exploring available coping skills, addiction knowledge
 - Providing information on options for tools to quit smoking – Nicotine replacement therapies (NRTs), groups, etc
 - Explore barriers and obstacles and plan ahead
 - Assist with identifying and accessing resources in community
 - Create a specific quit plan and set a quit date

Stage Matched Treatment

Action

- Consumer accepts new information, actively changing behavior, focuses on following quit plan
- Treatment goals focus on affirming consumer's progress, adjusting supports and quit plan as needed
 - Monitor for proper NRT dose and use of quit plan
 - Identify relapse issues and solutions
 - Focus on coping skill development, use of supports

Stage Matched Treatment

Maintenance

- Consumer is comfortable with a tobacco-free lifestyle
- Treatment goals focus on emotional and spiritual growth, maintaining a healthy lifestyle
 - Identify relapse issues and patterns of behaviors
 - Information on healthy, active lifestyle and habits
 - Focus on overall health and wellness goals

Case Study – Jane

- Seeking treatment for crack cocaine use
- Smokes 2 packs of cigarettes per day
- “I don’t want to stop smoking cigarettes; I’m already trying to stop smoking crack. That’s too much at one time.”
- Initial intake assessment, medical assessment with nurse, and initial counseling session with therapist completed
- Identified as in the Precontemplation Stage

Case Study – Jane

Initial Treatment Plan:

- **Problem:** Jane uses addictive and harmful substances.
- **Goal:** Jane wants to lead a healthier lifestyle.
 - **Objective:** Jane will be able to verbalize at least 5 negative effects of using cocaine and tobacco.
 - **Counselor Intervention:** Educate Jane on the negative effects cocaine and tobacco usage.

Case Study – Jane

- Jane meets consistently with counselor, who provides regular education on Cocaine and Tobacco use
- Jane reports, “Maybe I need to cut down on my cigarette smoking because I have a family history of Cancer and COPD and I have some breathing problems.”
- Counselor identifies Jane has moved into Contemplation Stage

Case Study – Jane

Updated Treatment Plan:

- **Problem:** Jane states that she has been having breathing problems and needs to cut back on how many cigarettes she smokes.
- **Goal:** Jane will reduce the number of cigarettes she smokes.
 - **Objective:** Jane will reduce her daily cigarette intake by one each week until the next session.
 - **Counselor intervention:** Continue education and on the effects of tobacco usage.

Case Study – Jane

- Jane continues to consistently meet with her substance abuse counselor and has been successful in reducing her cigarette intake by half.
- Utilized CO Meter with nurse two times and sees a lower but not a significant decrease in the number.
- Jane has reduced the number of cigarettes she smokes and has been actively identifying the negative effects of smoking cigarettes.
- Has had another doctor's visit because of lessened but continued breathing problems.
- She has begun to verbalize a desire to quit smoking altogether.
- Counselor identifies that Jane has moved into the Preparation Stage.

Case Study – Jane

Updated Treatment Plan:

- **Goal:** Jane states that she wants to quit smoking cigarettes.
 - **Objective 1:** Jane states that she will enroll in Freedom from Smoking Classes.
 - **Objective 2:** Jane states that she will complete all tasks in the FFS class.
 - **Counselor intervention:** Continue education and support on the information provided in the FFS classes; discussion of triggers, relapse prevention plan
 - **Community Support Specialist Intervention:** Help Jane locate Nicotine Anonymous meetings, education on the Buddy System and provide referral to other supporting resources such as the Quitline.

Case Study – Jane

- Jane has successfully completed the FFS classes and has quit smoking cigarettes altogether.
- Has blown into the CO meter four additional times corresponding with beginning FFS classes, the week after quit week, the end of the class and a month after the class with the last showing clear.
- Consistently meets with her counselor
- Per her report, has been attending NA mtgs, has a Buddy and has regularly utilized the Quitline
- Jane began to use the Nicotine Patch after Quit Week of the FFS class after medical clearance from her physician and at the recommendation of the treatment nurse.
- Reported regular usage of the patch until titration down to the lowest dosage.
- Began usage of lozenges for support when experiencing cravings

Jane has moved into the Action/Maintenance Stage of Change

Case Study – Cindy

- 33-year-old female, receiving treatment for Bipolar II Disorder and Borderline Personality Disorder
- Resides in a Residential Care Facility (RCF)
- Smokes a pack of cigarettes per day
- “I want to quit smoking” but says “I don’t want to gain weight”
- Has attempted to quit smoking numerous times in the past “cold turkey” with no long term success
- Completes CPR Rehab assessment and Healthcare Home nursing assessment yearly
- Identified as in the Preparation Stage, then moves to the Action Stage as she begins working on her goals.

Case Study – Cindy

Annual Treatment Plan:

- **Problem:** Cindy smokes a pack of cigarettes daily, is currently obese, and would like to quit smoking.
 - **Goal #1:** “I want to quit smoking.”
 - **Objective #1:** “I’d like to use the patch” to help me quit. I’ll starting using the patch on my quit date and work with the nurse to make sure I have the right dose.
 - **Intervention:** HCH nurse will assess for appropriate dose, provide NRTs, and provide education on use. Assess for need to add in nicotine gum or lozenge to manage cravings. CSS and Nurse will review progress and side effects.

Case Study – Cindy

Annual Treatment Plan (Cont):

- **Objective #2:** “I want to try the Freedom From Smoking Classes.”
- **Intervention:** CSS will provide referral to FFS groups, encourage follow up and provide support, assist with accessing resources if needed. CSS will reinforce with Cindy the skills she learns in FFS classes.
- **Intervention:** Educational groups will be provided by FFS facilitator weekly to assist with quit attempt. Facilitator will help identify specific coping strategies, develop a quit plan, and provide support during quitting to identify any barriers and supports to help her be successful.

Case Study – Cindy

Annual Treatment Plan (Cont):

- **Objective #3:** I will make a quit plan and set a quit date so I can quit smoking.
- **Intervention:** FFS facilitator and CSS will help Cindy develop a quit plan and set a quit date, assist with identifying supports and tools to help her be successful, reinforce use of the quit plan.
- **Intervention:** RCF staff will encourage Cindy to follow plan and utilize supports daily to help her quit.
- **Intervention:** HCH staff will monitor for appropriate NRT use and dose after quit date, refer to psychiatrist or PCP for monitoring of medication adjustment once quit.

Case Study – Cindy

Annual Treatment Plan (Cont):

- **Objective #4:** “I don’t want to gain weight if I quit smoking.” I will develop a plan to reduce the amount of weight I may gain when I quit smoking, including learning about healthy eating habits, avoiding second helpings at meals, and identifying an exercise routine I can do three times a week.
- **Intervention:** CSS will assist Cindy with identifying healthy living habits to help manage weight gain, help with purchasing healthy snacks and reading nutrition labels at the store and staying motivated to exercise. CSS will assist Cindy with creating a specific plan to follow to help her manage her weight effectively.
- **Intervention:** HCH Nurse will provide education on good nutrition habits and exercises to help manage weight.

Case Study – Cindy

- Cindy quit for 6 months following FFS group, but then relapsed and resumed smoking.
 - Returned to the Preparation Stage
- Limited family support and the presence of peers smoking led to relapse.
- Cindy took the FFS class a second time, requested a second round of nicotine patches, followed her quit plan again.
 - Returned to the Action Stage
- Has been tobacco free for 9 months now.
 - Entered the Maintenance Stage
- Completes her CPR Rehab assessment and Healthcare Home nursing assessment again

Case Study – Cindy

Updated Annual Treatment Plan:

- **Goal #1:** “I’m going to stay smoke free. I feel great since I quit smoking. I want to make sure I stick with this.”
- **Objective #1:** I will keep a list in my room of the reasons I want to stay smoke free
- **Intervention:** HCH Nurse and CSS will provide education on health benefits of staying quit, continue to provide education and support on healthy lifestyle habits, and focus on positive rewards related to quitting.

Case Study – Cindy

Updated Annual Treatment Plan (cont):

- **Objective #2:** I will make sure I have at least 2 supports I can use to help me stay smoke free.
- **Intervention:** CSS will assist Cindy with identifying supports to help her maintain smoke-free lifestyle, encourage her to utilize supports as needed.

Case Study – Cindy

Updated Annual Treatment Plan (cont):

- **Objective #3:** I will identify 5 ways to handle a slip and get back on track. I'll have a plan in place to help me manage triggers.
- **Intervention:** CSS will help Cindy plan for any potential triggers to avoid relapses and assist with creating plan to address any slips to help stay on track.

Integrating Additional Treatment Team Members

- Fewer than 5% of people who quit without assistance are successful in staying quit for more than 1 year.
- Compared to smokers who receive assistance from no clinicians, smokers who receive assistance from two or more clinicians are 2.4 times as likely to quit successfully for 5 or more months.
- Behavioral counseling and support is a key component of treatment for tobacco use and dependence.

Integrating Additional Treatment Team Members

Psychiatrists

- Nicotine can affect the efficacy of psychotropic medication.
- Signs of nicotine withdrawal, such as feeling irritable, angry, or restless, can be mistaken for an increase in psychiatric symptoms.
- It can be helpful to notify a psychiatrist **PRIOR** to quitting.

Integrating Additional Treatment Team Members

Primary Care Physicians (PCPs)

- Can assist in the prescribing of some NRTs, such as the nicotine nasal spray, inhaler and Bupropion SR and Chantix.
- Can advise on how staying quit can effect someone's quality of life, or other health conditions.

Integrating Additional Treatment Team Members

Healthcare Home Nurse Care Managers

- Nurses may be able to assist in providing support and encouragement as well as basic education regarding smoking cessation and NRTs.
- At some facilities, they may have access to CO meters or may run Freedom From Smoking groups.
- Nurses can also assist in education and skills to manage weight changes which may occur while quitting

Integrating Additional Treatment Team Members

Nursing Staff

- May be able to assist a consumer in obtaining NRTs and can assist in educating about the safe and effective use of these tools.
- May also assist in providing education regarding how smoking cessation may affect an individual's other medications or any medical health concerns.

Integrating Additional Treatment Team Members

Family Members

- If a consumer lives with someone who smokes in a shared living space, that can make it difficult to be successful.
- Encouraging consumers to identify other members of support, to create a holistic approach, allows them the best chance at success.
- Freedom From Smoking and other evidence based treatment modalities encourage a consumer to identify a “quit buddy” from within their support system.

Integrating Additional Treatment Team Members

Tobacco Quitlines

- This resource can be used on an as needed basis, as a way to provide tobacco cessation counseling at no cost.
- This service can also mail literature to the consumer and provide referrals as appropriate.
- I-800-QUITNOW

Addressing Relapse

- View tobacco use as a chronic condition that providers should address continually
- Focus on positives and lessons learned from previous quit attempts
- Identify obstacles and challenges that led to relapse
- Identify additional supports that may help consumer be successful in the future

Resources

- **Tobacco Recovery Resource Exchange**
 - <http://www.tobaccorecovery.org/>
- **DMH Tobacco Cessation Webpage**
 - <http://dmh.mo.gov/mentalillness/provider/smokingcessation.htm>
- **FDA Revised NRT Labeling Info**
 - <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm345087.htm>