

A Breath of Fresh Air! How to help your patients quit smoking

Pearls for Practice

Dr. Dayna Lee-Baggley

Key Messages

- Before taking any action, assess a patient's readiness for change
- Matching type of readiness with appropriate interventions can result in greater success and foster better collaboration
- Don't make changing a patient your goal. Allow people to be at any level of readiness and maintain a positive working relationship.

Readiness Assessment

- "Do you consider [the behaviour] to be a problem?"
- "Are you bothered by [the behaviour]?"
- "Are you interested in changing [the behaviour]?"
- "Are you ready to change now?"

Red light = Not ready for change

- Take the expectation off the table
- Maintain the relationship
- Continuing to push for change will do more harm (i.e. patient won't come in for routine care)
- Ask for permission to check in periodically to see if they are ready for change later on

Yellow light = Ambivalent for change

- Acknowledge and try to increase pros for change
- Always start with the unhealthy behaviour
 - "What do you like about [the behaviour]?"
 - "What is good/helpful/useful about [the behaviour]?"
 - "What don't you like about [the behaviour]?"
- Find value driven reasons that add more pros than cons.
- Values are about how they want to show up - "What are you going to do with your extra energy, activity, health, years of life?"
- Move toward something that matters rather than getting away from something

Green light = Ready for change

- Make sure its a convincing yes to all readiness questions
- Focus first on breaking psychological habits (i.e. Ask: where do you smoke, what time, in relation to what activities, what brand)
- Next, replace habits - find a do instead goal (not distraction)
- Provide skills to manage thoughts and feelings: Ask them to observe cravings, Ask them to pay attention to feelings and thoughts and respond differently

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Resources

Professional Support Smoking Cessation Tools & Resources

- [Centre for Addiction and Mental Health](#): The Primary Care Addiction Toolkit.

Patient Support

- [My Health Alberta](#) - Online tools and resources for Albertans looking for support to quit smoking.
- [AlbertaQuits & Quitcore](#) - free group support program for Albertans 18 years and older. Provides tools and skills to quit using tobacco. Patient can join 6, 90-minute sessions guided by a trained facilitator. Call the AlbertaQuits **helpline at 1-866-710-7848** to join Quitcore.
- [Heart & Stroke](#) - Find helpful information on smoking and tobacco use. Learn about quitting smoking, coping with tobacco withdrawal symptoms, and benefits of quitting smoking.
- [Canadian Cancer Society](#) - free confidential service to help you quit smoking
- [American Cancer Society](#) - Guide to quitting smoking
- [Government of Canada](#) - Provincial and territorial services for quitting smoking

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- Book: [Healthy Habits Suck](#)
- App: Prevent burnout in 10 minutes a day. A guided experience with proven science. [Impact Me](#)



Consider using [MyL3Plan](#), a free online tool developed by the Office of Lifelong Learning (L3) that can be used to meet and support the 3 activities/action plans required by the PPIP-CPSA and earn up to 36 Mainpro+ certified credits. by completing the following cycles:

- Practice-driven quality improvement using objective data (CQI)
- Personal Development (PD)
- Standards of Practice Quality Improvement (SOP).

[Learn more here!](#)

Join NAPCRen! NAPCRen data can help you identify patients with chronic diseases commonly seen in your practice. The Physician Learning Program has partnered with NAPCRen and will send you reports with individualized and comparison data on selected topics. This data can inform quality improvement cycles and help you advance your practice.