



Suggestions for Documenting Tobacco Use Interventions/Services

- Treatment plans and notes provide a record of the work we are doing with people
- Creating plans that address smoking can be challenging when people have not yet identified wanting to change their smoking as a goal
- MI has many tools for helping people work through the ambivalence involved with change
- Identifying a person’s motivational stage regarding smoking is critical in developing an integrated person-centered, recovery-oriented treatment plan.
- Change is more a process than an outcome. Prochaska and DiClemente conceptualized the change process as a sequence of steps or stages.
- The Stages of Change: precontemplation (“*I don’t want to stop smoking*”), contemplation (“*Sometimes I feel like I smoke too much but I feel like I can’t stop*”), preparation (“*I am ready to stop smoking*”), action (“*I’m not smoking anymore*”), and Maintenance (“*I haven’t had a cigarette for 6 months*”).
- Person-centeredness should drive treatment planning
- What are the person’s goals? What are realistic next steps to achieving those goals? What interventions will address the barriers getting in the way?
- Person-centered treatment planning is collaborative rather than prescriptive, strengths-based, and incremental
- Person-centered treatment planning is informed by recovery principles, trauma-informed care and cultural competency/humility
- What in MI Should We Document? The spirit (collaboration, acceptance, compassion, evocation – be specific, use common language), readiness for change (use tools like the importance ruler), the MI skills (OARS) and tools (decisional balance) used, the strategies you used for eliciting change talk, decreasing sustain/discord, solidifying commitment to change, and how you used Motivational Interviewing to develop the person’s plan for change
- Assessment is a clinical, not just an administrative, activity
- Engagement is a critical first step in the assessment process
- There are a variety of assessment tools for tobacco use: Heavy Smoking Index (HSI - two questions from the Fagerstrom), Self-Assessment from the Learning About Healthy Living (LAHL) manual Fagerstrom, CAGE modified for smoking, ASSIST
- Review assessment results with the person (feedback) including the severity of substance use; use MI style – *without judgment or criticism*. Ask what they make of it (open-ended question)
- Ask permission to raise treatment recommendations
- Document in assessment and progress notes the steps of this process

Precontemplation Stage: Documenting tobacco use when quitting is not the person’s goal

Person has no interest in currently addressing tobacco use. With a dangerous health problem like smoking, it is important to understand what a person’s treatment goals are and ask them to consider how smoking might impact those goals.

Pre-contemplation: Assessment and Feedback Example Change Goal Deferred	
Method of Assessment	Heaviness of Smoking Index
Assessment Results	Score=5 High Dependence
Feedback and Plan	<p>Reviewed results with person using Elicit-Provide-Elicit model: Asked permission to discuss risks associated with this level of smoking. Person gave permission. Gave advice (with permission) they consider treatment options like the patch. Asked what they thought of the information and advice Person responded that they didn’t think smoking was a problem for them</p>

Pre-Contemplation Stage Treatment Plan

- Raise issue of smoking during treatment planning: *“What concerns do you have about your smoking?”*
- If they say, “I like smoking, I am not worried about it,” you can then “shift focus” and ask, *“What would you like to work on?”*
- Whatever their goals are, when you get to the barrier section you can ask, *“What impact do you see smoking might have on achieving your goal?”*

Document under barriers (see treatment plan example)

Pre-contemplation Treatment Plan Example	
Goal: Get a job	
Strengths: Self-reliant	Barriers: needs to smoke frequently at work
Steps:	
<ol style="list-style-type: none"> 1. Ask the person what barriers could get in the way of getting a job 2. If they do not mention smoking, ask how their smoking might affect their ability to get a job (developing discrepancy) 3. If they say they have to smoke a lot during the day that can be listed as a barrier 4. Offer, with permission, using the patch while they are at work 	

Pre-contemplation Stage Progress Notes

- Document in more detail the MI strategy you used during the assessment and treatment planning process
- Document what efforts you made in developing a collaborative relationship
- Document how you raised the topic of smoking
- Document person’s interest in changing tobacco use: “I have no interest in quitting smoking”
- Document your response: “This is just not the right time to think about cutting back on your smoking. What would you like to work on?” (“shifting focus”) and the person’s response: “I would like to get a job” (You don’t have to document the specific MI strategies you used)

Pre-contemplation Progress Note Example	
Tobacco Use	
Progress Note	Raised possible risk if continues to smoke. Person stated, “I have no interest in quitting.” Document that you shift focus. “This does not seem to be the right time for you to think about changing your smoking. What would you like to work on?” Person responded, “I would like to get a job” (You don’t have to document the specific MI strategies you use unless you want to). In discussing steps to getting a job, asked person how smoking might impact on this goal. Person reported need to smoke frequently. Discussed how this could be a barrier to getting a job

Contemplation Stage: Documenting tobacco use when a person has reasons for continuing to smoke and reasons to stop smoking

Person has reasons for keeping things the same and reasons for making a change. With a dangerous health problem like smoking, the treatment goal would be to help the person resolve their ambivalence and tilt the balance towards changing.

Contemplation: Assessment and Feedback Example	
Method of Assessment	Heaviness of Smoking Index
Assessment Results	Score=5 High Dependence
Feedback and Plan	<p>Reviewed results with person using Elicit-Provide-Elicit model: Asked permission to discuss risks associated with this level of smoking. Gave advice (with permission) that they consider treatment options like the patch Asked what person makes of all this. Person responded that they would like to stop smoking but felt they need to smoke to relax.</p>

Since this person has mixed feelings about smoking, there are many options and tools you can use to help them explore their ambivalence and move them towards changing their tobacco use. These include motivational interviewing strategies for eliciting change talk, providing information on health hazards as well as using other tools and interventions like the decisional balance and attending a wellness group.

Contemplation Treatment Plan Example	
Goal: Decide if I should stop smoking	
Strengths: Persistence, resourcefulness	Barriers: Smoking helps relax
<p>Possible Interventions and action steps</p> <ol style="list-style-type: none"> 1. Use decisional balance to explore mixed feelings 2. Explore past successes at making a change 3. Ask open questions that elicit change talk (“What might the benefits be if you reduced or stopped smoking?”) 4. Elicit person’s ideas of alternatives for relaxing 5. Use EPE for giving information on health and other consequences 6. Attend a Learning About Healthy Living group 	

Contemplation Stage Progress Notes

Document person's ambivalence in changing tobacco use: "I want to quit but smoking really helps me relax"

You can document how you used Elicit Provide Elicit to give more information on impact of cigarettes on health

You can document eliciting change talk: "Writer asked, 'If you don't stop what is the worst thing you think would happen?' and person responded 'I might get cancer'"

Document if you used an open-ended question to elicit more worries about smoking, i.e. "Tell me more about that" and person responded, "I am really worried about dying" You can also document if you used the importance and confidence ruler and/or the decisional balance

Contemplation Progress Note Example	
Progress Note	"Person has mixed feeling about quitting smoking. Would like to but worries about not having cigarettes to help her relax. I asked her what the worst thing is she could imagine if she didn't quit and she said she might get cancer. We then did the decisional balance and explored the benefits she sees if she does quit smoking"

Preparation Stage: Documenting tobacco use when a person has committed to addressing tobacco use within the next month

At this stage, you want to help the person articulate their goals related to tobacco use and begin developing a plan. In addition, you want to help build self-efficacy and strengthen commitment to making the change. The goals and next steps identified can be documented in the person’s treatment plan, along with the specific actions (interventions) the team and individual will take.

Preparation Stage Treatment Plan Example	
Goal: To stop smoking	
Strengths: Motivated, family support	Barriers: stress/unable to relax
Possible Interventions and action steps <ol style="list-style-type: none"> 1. Start wearing the patch and using the lozenges by the beginning of next week 2. Throw out all the cigarettes and get rid of the ash tray 3. Continue to get support from the wellness group 4. Keep a card in wallet that list the reasons why stopping smoking 5. Start a yoga class 6. Attend a Learning About Healthy Living I group 7. Let family know the plan 	

Preparation Stage Progress Notes

Document the strategies you used for building and strengthening commitment and for helping the person develop their plan.

Preparation Stage Progress Note Example	
Progress Note	<p>“Person wants to stop smoking. Worked first on building and strengthening their commitment to stop smoking. Asked the person to look back at past successes and what worked then. Used the confidence ruler to elicit self-efficacy. This writer also acknowledged the person’s efforts thus far and summarized the person’s reasons for changing. The writer then asked open-ended questions to clarify goals and next steps: “What steps are you <i>willing</i> to take this week?” “I know how important quitting smoking is for you. What will you do to change your smoking?” “What do you think would be some do-able steps for your stopping smoking?” “What are you going to do first?” “When do you want to start on your plan?”</p>

Action Stage: Documenting tobacco use when a person has already begun to reduce or stop their smoking (up to 6 months)

At this stage, you want to help the person follow through with their reduction or quit plan. You want to continue to support by talking through and planning for challenging situations and evaluating the effects of medications if being used, in collaboration with the prescribing clinician. You also want to continue affirming the person’s efforts to make the change. The goals and next steps identified can be documented in the person’s treatment plan, along with the specific actions (interventions) the team and individual will take.

Action Stage Treatment Plan Example	
Goal: To not smoke for the next 6 months	
Strengths: Strong-willed	Barriers: social group smokes
Possible Interventions and action steps <ol style="list-style-type: none"> 1. Develop a quit plan and decide on a quit date 2. Talk with prescribing clinician about NRTs and medications 3. Talk with smoke-free peers and/or relatives about the plan 4. Attend Learning About Healthy Living II group 5. Practice cigarette refusal skills 6. Learn about setbacks and how to handle them 7. Reward myself for each week I go without smoking 	

Action Stage Progress Notes

Document how you helped the person to develop a quit plan and work through their successes and challenges.

Action Stage Progress Note Example	
Progress Note	Person said that they are ready to set a quit date. Writer helped Person to pick a date after their appointment with their doctor to talk about medications for smoking. Person identified two people they want to tell about their plan and said they will speak with them in the next week. Writer talked with Person about joining Learning About Healthy Living group II for support. Person said they want to see how they feels after they stop. Person said they are worried and excited about quitting. Writer reflected, “Stopping smoking is a big change and you’ve worked hard to get there.” Person thanked writer for help.

Maintenance Stage: Documenting tobacco use when a person has not smoked for at least 6 months

You want to work with the person to sustain their abstinence by continuing to work on skills like managing craving and developing a tobacco-free lifestyle. You can also celebrate with the person and encourage them to develop their own ways of rewarding their success. The goals and next steps identified can be documented in a person’s treatment plan, along with the specific actions (interventions) the team and individual will take.

Maintenance Stage Treatment Plan Example	
Goal: To remain abstinent from cigarettes	
Strengths: Well-rounded	Barriers: daily stressors
Possible Interventions and action steps <ol style="list-style-type: none"> 1. Update list of benefits from not smoking 2. Use money saved to purchase a new TV or smart phone 3. Review strategies for managing craving 4. Discuss new goals 5. Use groups to share quitting experience and support others 6. Give myself a pat on the back 	

Maintenance Stage Progress Notes

Document what the person has done to be successful and how they are working toward a tobacco-free lifestyle.

Relapse Prevention Stage Progress Note Example	
Progress Note	Person started the meeting by saying that they have not picked up a cigarette in 8 months. Person said they can walk longer now than they have in a long time. Writer asked about what’s been helpful to them. Person said they didn’t think about smoking as much after starting Chantix. They also said they told their roommate to try to not smoke in the apartment, especially when the person is home. Person said they bought a train ticket with the money they saved and is looking forward to visiting their brother in Cincinnati. Person said they think about smoking sometimes, like when they are home on the weekend, but calls a friend or goes for walk. Writer reflected Person’s excellent problem-solving skills.