

Tobacco Treatment Plan

CLIENT NOT READY TO QUIT:

- Use motivational enhancement to support motivation to quit
- Reassess readiness every _____
- Trial quit for _____ days
- Trial of Nicotine Replacement Therapy for _____ days

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

CLIENT READY TO QUIT:

- Client will remove tobacco products from home, car, work. This includes ashtrays, tobacco industry giveaways, lighters (circle all that apply)
- Client will _____ (write in strategies for managing challenges, eg. avoid the convenience store for the next 2 weeks, avoid all alcohol)
- Client will identify a support person
- Client will call or accept referral to the Maine Tobacco Helpline
- Client will attend _____ (fill in the name of treatment or tobacco treatment support group, or face-to-face counselor, etc.)
- Client will register for support online at (check if using):
 - smokefree.gov
 - becomeanex.org
 - text2quit
 - other _____

OTC Medication – Client will use:

- | | |
|--|--|
| <input type="checkbox"/> Nicotine gum 4 mg | <input type="checkbox"/> Nicotine Patch 21 mg |
| <input type="checkbox"/> Nicotine gum 2 mg | <input type="checkbox"/> Nicotine Patch 14 mg |
| <input type="checkbox"/> Nicotine lozenge 4 mg | <input type="checkbox"/> Nicotine Patch 7 mg |
| <input type="checkbox"/> Nicotine lozenge 2 mg | <input type="checkbox"/> Combination NRT _____ |

- Reviewed medication use instructions
- Prescription Medication – Refer to (MD, DO, PA, NP) _____
- Patient education materials provided