

### Progress Pathway to Tobacco Cessation

Name \_\_\_\_\_ ID # \_\_\_\_\_ Primary Dx. \_\_\_\_\_  
 Address/Location \_\_\_\_\_ Phone \_\_\_\_\_ Other Dx. \_\_\_\_\_  
 Tobacco Use Hx.: Age @ initiation \_\_\_\_\_ Duration \_\_\_\_\_ # Quit Attempts \_\_\_\_\_ Methods \_\_\_\_\_  
 Smoking use pattern \_\_\_\_\_ Desired Quit Day \_\_\_\_\_  Assessment done  Contract signed  
 Nurse \_\_\_\_\_ Physician \_\_\_\_\_ Clergy \_\_\_\_\_ Other \_\_\_\_\_  
 Pharmaceutical Aid(s) \_\_\_\_\_ Date Began \_\_\_\_\_ Date Stopped \_\_\_\_\_

Day/Date	Goal	Strategy	Measurement*	Results
Phone coaching-1; 3 Days before Quit Day	<b>Prepare mind – psychological, spiritual</b> Understanding the facts re tobacco use Learn source of power	Rehearse self-speak, study prayer as a resource; know the arguments against doubt and weakness. Orient to CMATCH system. Gain participation. Invite to support workshop.	Readiness by self-report TCAT Assessment	
	<b>Prepare Environment – social, physical</b>	Eliminate reminders in the home, car, worksite, recreation site and place positive “tools” around familiar places Inform household, recruit support of significant others	Readiness by self-report	
Phone coaching-2; 1 Day before Quit Day	<b>Prepare mind Prepare environment</b>	Rehearse moment-by-moment activity; Enrich environ. with reminders, encouraging notes, etc. Set up mentoring social support system. Review and discuss TCAT results. Should begin attending workshop by now.	Readiness by self-report Assess Learning Style Concept of Power Perceived Stress	
Phone coaching-3; Quit Day		Review instructions of Taking Control & reinforce. Encourage. Attend workshop. Engage in TC course.	Readiness by self-report Confidence Scale	

Day/Date	Goal	Strategy	Measurement*	Results
Phone coaching-4 Day After (2)	Maintain motivation with strong encouragement, affirmation	Reinforce instructions of TC Introduce spiritual support optionally Monitor possible use of pharmaceutical Begin to identify if lapsing – special instructions	Abstinence by self report Confidence Scale Sabotage assessment	
Phone coaching-5; Day 3	Take focus off self— reach out to community	Reinforce instructions of TC Monitor possible use of pharmaceutical Begin to identify if lapsing – special instructions	Abstinence by self report Confidence Scale Beck Depression Tool	
Phone coaching-6; Day 5		Reinforce instructions of TC Monitor possible use of pharmaceutical Begin to identify if lapsing – special instructions	Abstinence by self report Sabotage Assessment Confidence Scale	
Phone coaching-7; Day 10		Reinforce instructions of TC Monitor possible use of pharmaceutical Begin to identify if lapsing – special instructions Biotest instructions for next call	Abstinence by self report Confidence Scale	
Phone coaching-8; Day 14	Graduation Day! Potential Relapse Day		Abstinence by self report Bio test results Confidence Scale Perceived Stress Scale	
Phone coaching-9; Day 21		Biotest instructions	Abstinence by self report Confidence Scale Perceived Stress Scale	
Phone coaching-10; Day 28	Potential relapse threat hereon		Abstinence by self report Biotest results Confidence Scale – 2 types	
Phone coaching-11; 6 Weeks			Abstinence by self report Confidence Scale PAM survey	

Day/Date	Goal	Strategy	Measurement*	Results
Phone coaching-12; 2 Months		Biotest instructions	Abstinence by self report Confidence Scale Stress Scale	
Phone coaching-13; 4 Months			Abstinence by self report Biotest results Confidence Scale	
Phone coaching-14; 6 Months			Abstinence by self report Beck Depression survey Confidence Scale	
Phone coaching-15; 10 Months		Biotest instructions	Abstinence by self report The PAM Confidence Scale	
Phone coaching-16; 14 Months	Last Call		Abstinence by self report Confidence Scale Biotest results Satisfaction Survey	

### Assessment Summary

**Nicotine Dependency**

Fagerstrom Score \_\_\_\_\_

Kawakami Score \_\_\_\_\_

Name \_\_\_\_\_

**Comments:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Reasons for Smoking**

Negative Affect Reduction (panacea)

Automatic  Addictive

Sensorimotor  Stimulation

Indulgent  Psychosocial

**Comment:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Confidence Level**

\_\_\_\_\_

**Concept of Power**

\_\_\_\_\_

**Depression Score**

\_\_\_\_\_

**Health Belief & Value System**

\_\_\_\_\_

**Perceived Stress**

\_\_\_\_\_

**Social Support System**

\_\_\_\_\_

**Difficult Situations:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Strategies:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Short-term Goals:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Long-term Goals:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

