



# Session Plan

## Aim:

**Review smoking cessation support programme and personal quit attempt.**

## Smoking Cessation Specialist Role:

- Review quitting journey and positive changes made
- Discuss relapse prevention and affirm strategies that have previously worked
- Reiterate the 'not a puff' rule
- Validate 4 week quit through CO monitoring
- Discuss continued correct usage of pharmacotherapy
- Reassure client of on-going support, as appropriate
- Provide options for maintenance support including Quit Team or further face-to-face sessions
- Remind client of follow up at 3 months and 12 months post quit
- Evaluation, if appropriate

## By the end of this session clients will:

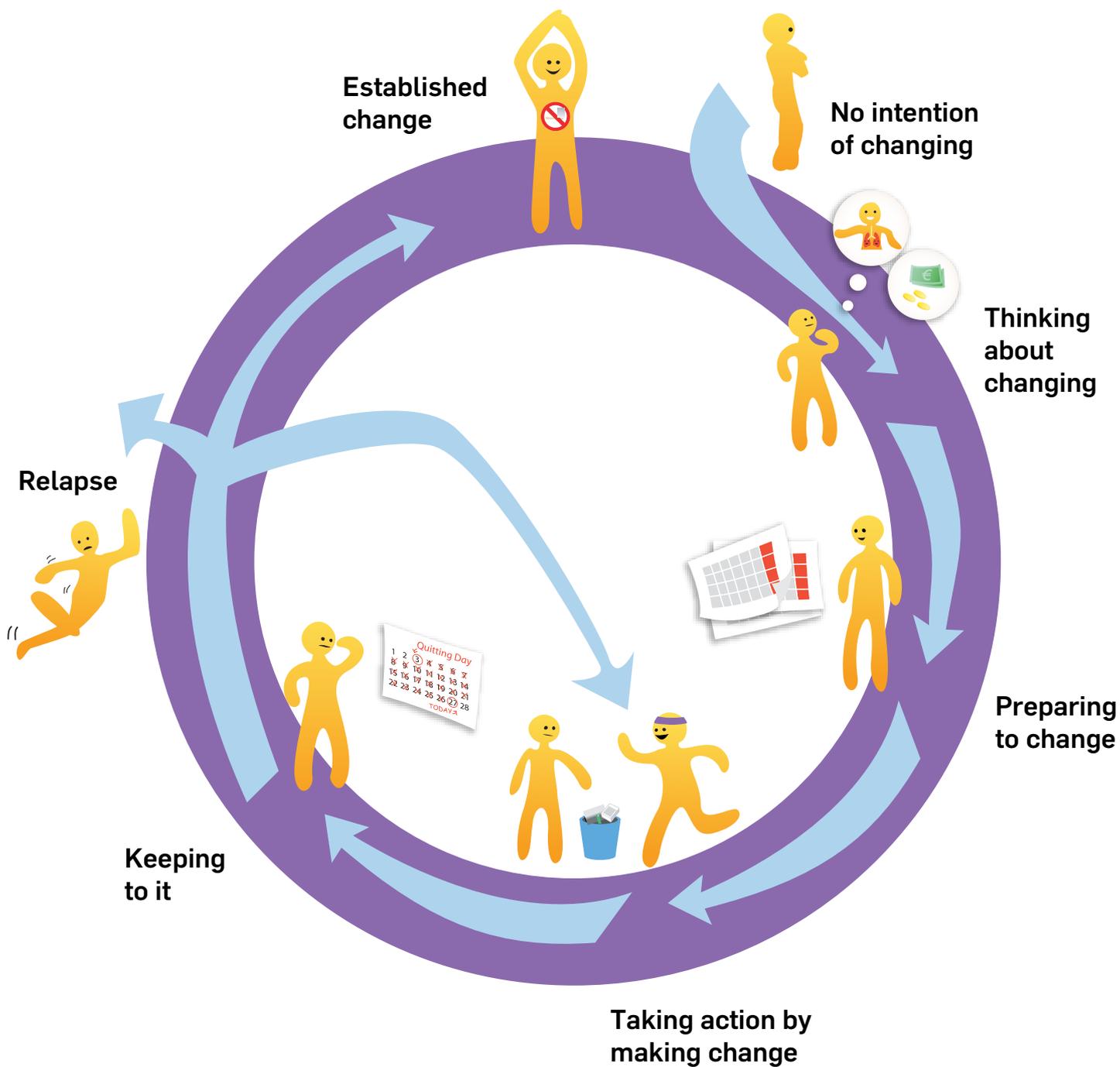
- Identify personal relapse strategies
- Feel confident that further support is available if required
- Know where and how to access additional support
- Understand that there will be follow up at 3 months and 12 months post quit date

## Client Handouts:

- **Where are you on the cycle of change?**
- **Relapse prevention: I've come a long way**
- **Useful Contacts**
- **Evaluation**



# Where are you on the cycle of change?





# I've come a long way!

I've quit and plan to stay quit!

OR I've cut down and plan to quit!



**Remember:** Stopping smoking is the single most important thing you can do to improve your health.

For support telephone .....



# Useful Contacts

## HSE Quit Team

- Freephone 1800 201 203 for telephone support

Monday to Thursday: 10am - 7pm

Friday: 10am - 5pm

Saturday: 10am - 1pm

- Website [QUIT.ie](http://QUIT.ie)

- Clinic Locator [quit.ie/I-Want-to-Quit/Support-Services](http://quit.ie/I-Want-to-Quit/Support-Services)

HSE Smoking Cessation Services provide specialist support to help you quit in community or health service settings.

Check this link to find your local smoking cessation service or to make an individual appointment.

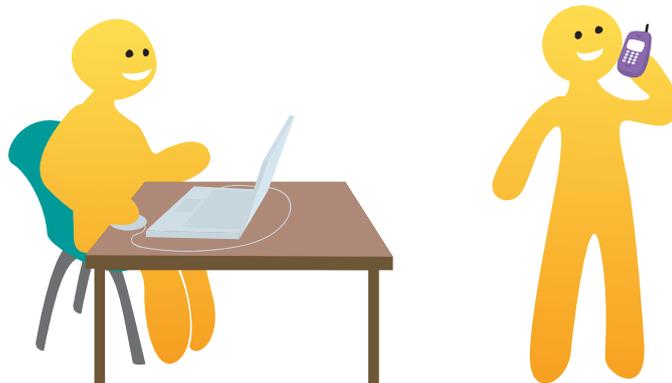
- E-mail [support@quit.ie](mailto:support@quit.ie)

- Text Freetext QUIT to 50100

- Tweet [@HSEQuitTeam](https://twitter.com/HSEQuitTeam)

- Facebook [facebook.com/HSEquit](https://facebook.com/HSEquit)

All Services are available free of charge





# Evaluation

Please let us know how useful the programme was to you, by answering the following questions.

## 1. Did the programme help you to do any of the following?

Please tick yes or no.

Quit

YES

NO




Cut down




Think about quitting another time



Improve your health



Protect others from passive smoking




Help friends or family to cut down or quit



## 2. How helpful was the programme to you?

Please mark a point on this scale:



1

2

3

4

5

6

7

8

9

10

Not helpful

OK

Very helpful



# Evaluation

## 3. What did you find most useful?

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.....

.....

## 4. Would you advise other smokers to use this programme?

Please tick yes or no.

Yes  No

If no, please say why

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## 4. Use this space for anything else you'd like to say about the programme.

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