

Smoking and pregnancy assessment

SMOKING

Information for pregnant women

We would like to learn about your smoking history and current cigarette use to work out what type of quit program or treatment will best help you and your family achieve a smoke-free lifestyle.

1 a) Do you smoke? Yes On a typical day I smoke per day
No Have you ever smoked?
No Yes When did you quit? /

b) Do you live in a household with someone else who smokes? Yes No

2 How keen are you to stop smoking? not at all keen very keen
Tick the number that best matches your current attitude.
 0 1 2 3 4 5 6 7 Score

3 If you decided to stop smoking right now, how confident of success would you be? not at all confident very confident
 0 1 2 3 4 5 6 7 Score

4 When you wake up each day, how long before you smoke your first cigarette?
 0 after 60 minutes 1 between 31–60 minutes
 2 between 5–30 minutes 3 in less than 5 minutes

5 How many cigarettes do you smoke on a typical day? 0 10 or less 1 11–20 2 21–30 3 more than 30
Q4+Q5 Score
Questions 4 and 5 (combined score): probability of nicotine dependence

6 Have you tried to quit before? No
Yes Did you have cravings or other effects that concerned you? No Yes



Smoking and pregnancy assessment scoring

Question 1: Smoking status including exposure to environmental tobacco smoke (ETS or passive smoking)

Women who have quit in relation to this pregnancy are at significant risk of relapse

- ▶ engage relapse prevention measures. Offer QUIT resources.

Question 2: Interest in quitting

- 0-3 Ask: what would you need to happen to make you more keen to quit—say, to make you give an answer of 6 or 7 instead of 3?

Help patient explore the costs and benefits of quitting, offer help if wants to quit in future, recheck interest in quitting at next appointment.

- 4-7 Ask: why do you want to quit? Why did you choose 6 or 7 and not 2 or 3?

Confirm patient's interest in quitting, find out when she plans to quit, set quit date.

Offer prescription for smoking cessation. Offer QUIT resources.

For every pre-pregnant, pregnant or breastfeeding smoker and recent quitter, or non-smoker exposed to ETS:

- ▶ provide clear non-judgmental advice for the benefits of quitting
- ▶ suggest strategies for avoiding/reducing exposure to ETS
- ▶ offer a faxed referral to Quitline or Quitline number 13 7848 or 13QUIT.

Question 3: Confidence in quitting

- 0-3 Ask: What would be the hardest thing about quitting? Explore and tackle barriers (e.g. partners smoking, recovery from nicotine, stress reduction, weight control). Identify support (e.g. partner/family). Refer to Quitline 13 7848 or 13QUIT.

- 4-7 Encourage and warn about setbacks and how to cope with them, dealing with negative emotions. Advise about programs and services that help others quit. Refer to Quitline.

Questions 4 and 5 (combined score): Probability of nicotine dependence

- 0-3 very low or low—advise there is a good chance of success. Offer smoking prescription. Assess psychological and habitual dependence. Refer to Quitline.

- 4-6 moderate to very high—offer smoking prescription, tackle psychological and habitual dependence and review in 2 weeks, if unsuccessful consider intermittent (pulsatile) Nicotine Replacement Therapy (NRT). Refer to Quitline.

Assess mental health and medications and monitor as required.

Ex-smokers and recent quitters

- ▶ Affirm the woman's decision and achievement.
- ▶ Review quit status at every subsequent antenatal visit.

Current smokers

- ▶ Explore motivation to quit, barriers and confidence to quit, woman's strategies for coping and dealing with negative emotions.
- ▶ Provide clear non-judgmental advice to quit: set a quit date (if ready), offer Quit book, **refer to Quitline using fax referral**.
- ▶ Give practical help and advice:
 - advise overcome habit by delaying cigarette or substituting with another action (drink water, try deep breathing, do something else).
- ▶ Where a woman has been unsuccessful after 2 weeks, consider recommending NRT.
- ▶ Discuss smoking at all subsequent antenatal visits.

Quitline
13 7848 or 13 QUIT