

TOBACCO CESSATION

PATIENT CASE STUDY



PATIENT

AGE: **60 years**

SEX: **Female**

MARITAL STATUS: **Single—living alone**

PRIMARY CARE TEAM

■ **Screened for tobacco use**

Patient reported:

- Smoking off and on since age 15
- Able to quit for 4 years on her own
- As of 3/23/21 screening, patient was smoking 5 - 6 cigarettes per day
- Previously averaging a pack every 3 to 4 days

■ **Assessed patient readiness**

- Patient showed readiness and resilience to meet her goal

■ **Addressed psychosocial issues**

- Patient was given a daily CBT—Daily Intake Calendar assignment to report at every session

■ **Referred to Behavioral Health and Pharmacy Teams for cessation support**



BEHAVIORAL HEALTH CARE TEAM

■ **Counseling: motivational interview**

- Patient's motivation to quit smoking was due to medical health issues and fear of her adult children finding out
- Patient's Care Plan Goal was "Abstinence" within 9 weeks
- Scheduled 9 concurrent sessions

■ **Provided intervention**

- Relapse prevention skills, motivational interviewing skills, mindfulness, psychotherapy, and psychoeducation on short assignments were used to address daily use, triggers, negative feelings, and thoughts. Found alternatives to correct/exercise awareness for impulse control.



PHARMACY TEAM

■ **Provided patient education and counseling**

■ **Dispensed and monitored cessation aids**

- Patient selected use of patches and gums as medication management intervention—would pick up at her convenience at local pharmacy



Patient completed 9 sessions and was able to reach her goal by the end of her 4th session!!