

Home Health Monitoring Team:
Smoking Cessation Service – Protocol 1
Motivational/Information 4 Week Duration

Purpose:

- To encourage the client to successfully stop smoking.
- To reinforce the messages in the QUIT KIT literature.
- To encourage positive behavior changes to empower the client.
- To improve attendance to 1:1 appointments therefore more efficient planning of coordinators time.
- To improve awareness of information available to encourage self management.

Summary: To encourage patients to engage fully in the Smoking Cessation service providing them with motivational messages, reminder texts and where to access reliable and up to date information.

Day	Time	Message	
Day 0	When patient is added to the system	Hi, I'm Florence your NHS self care service. I need to confirm you want to join in. Get started by replying "YES". Don't reply if you didn't ask to join in.	
Day 0	Once patient has replied with "yes" to opt in	Hi, it's Florence. Thanks for joining. I'm here to help you manage your own health better. At times I'll send advice for you to act on. To help you I may also share information with your healthcare team.	
Day 0	Straight after Flo's reply	Flo will provide encouragement and ideas to support you on your smoke free journey, take care text soon.	
Day 1	0830	Congratulations, you are now a non smoker. Today will be a big challenge, you CAN do it	SC01
Day 2	08.30	Morning, your heart and lungs have had a rest. CARBON MONOXIDE is now OUT of YOUR system	SC02
Day 3	08.30	Decide how you will say NO if you are offered a cigarette BEFORE it happens	SC03

	Time	Message	
Day 4	08:30	Withdrawal symptoms like cravings, headaches and coughing are NORMAL. Your BODY is starting to RECOVER.	SC04
Day 5	08:30	Go for a walk today, it will help you relax and will help prevent weight gain.	SC05
Day 6	11:00	Confront your cravings with the 4D's: Delay, Drink water, Deep breathe and Do something else	SC06
Day 7	08:30	Congratulations, YOU have been a NON SMOKER for 1 WEEK	SC07
Day 8	09:00	YOUR taste buds will come ALIVE and your sense of SMELL will IMPROVE. Avoid alcohol, it can weaken your resolve	SC08
Day 9	09:00	Reduce your tea and coffee intake, your body is absorbing caffeine more easily.	SC09
Day 10	12:30	If you are tempted to smoke, DON'T! make changes to your routine to avoid the temptation	SC10
Day 11	08:30	Hi there, if you are finding it difficult, try tensing and relaxing your muscles. Take deep breaths	SC11
Day 12	13:00	Congratulate yourself every time you resist the urge to smoke	SC12
Day 13	09:00	Good morning or is it? Are you still feeling positive? Not sure how to progress? If you need additional support, remember you can call your advisor at call the Smoke Free Hebrides Team on 701623, they are always happy to assist. or Smoke line Scotland on 0800 848484	SC13
Day 14	08:30	WELL DONE, 2 weeks in and you are already enjoying the benefits of being a NON SMOKER.	SC14
Day 15	08:30	Remember your reasons for QUITTING. If you have slipped up and had a cigarette, DON'T GIVE UP on your goal. Call your advisor.	SC15
Day 16	08:30	Keep to your plan for healthy eating, eat smaller meals more often and keep low fat and sugar free snacks near by.	SC16
Day 17	08:30	Practice saying "I am a NON SMOKER". REFUSE offers of cigarettes from OTHERS	SC17
Day 18	08:30	Each morning tell yourself "I don't smoke". Think of smoking in negative ways- SMELL, STAINS, COUGH	SC18
Day 19	08:30	AVOID situations where you will be OFFERED CIGARETTES	SC19
Day 20	08:30	Avoid boredom! Keep yourself busy, keep a book handy and make a list of things you have been meaning to do	SC20
Day 21	08:30	GOOD NEWS, you have NOT SMOKED for 3 WEEKS! Your withdrawal symptoms should be easing. You have come a long way, don't go back now.	SC21
Day 22	08:30	Just one puff is one too many – BE STRONG	SC22
Day 23	08:30	THANK your FRIENDS and FAMILY for their	SC23

		SUPPORT. Ask them to KEEP HELPING	
Day 24	08:30	Your risk of HEART DISEASE and LUNG DISEASES has REDUCED. Take more exercise	SC24
Day 25	08:30	Go easy on the alcohol, it can cause a relapse and then you are back to DAY 1	SC25
Day 26	08:30	If you feel <u>feel</u> like a cigarette, brush your teeth or find other ways to keep your mouth fresh	SC26
Day 27	08:30	TELL your friends and workmates that YOU DON'T SMOKE	SC27
Day28	08:30	CONGRATLUATIONS! You HAVE NOT SMOKED for 4 WEEKS.....	SC28
Day 29	08:30	Keep up the good work. You're doing VERY WELL. Remember, NON-SMOKERS DON'T SMOKE.	SC29

This protocol will also include the option for additional reminders for those clients also receiving 1:1 appointments.

“Morning, just a reminder that you have an appointment with (Joanne / Jeanne) at (venue) on (date) at (time). Please phone 01851 701623 if you have any problems keeping this appointment.”