



Tobacco Cessation Facilitator Skills

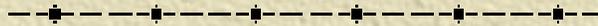
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Health Center





**Do not underestimate the
influence - you may have on
the person!**

**Use it wisely and
positively!**



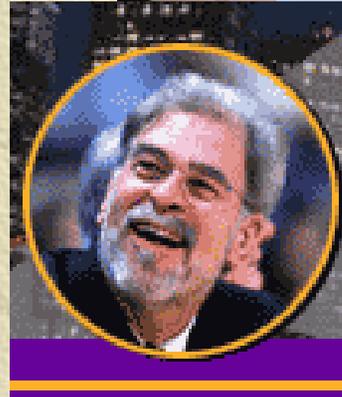
Facilitator Skills

- ✦ Supportive, understanding
- ✦ Develop a positive therapeutic relationship
- ✦ Provide hope!
- ✦ Flexibility
- ✦ Help (don't harass)



Roles

- ✦ **Coach**
- ✦ **Facilitator**
- ✦ **Counselor**
- ✦ **Teacher**
- ✦ **Mentor**



Common Mistakes of New Facilitators

- ✦ **Unsure & Anxious about roles**
- ✦ **Preaching**
- ✦ **Teach based upon personal experience**
- ✦ **Do your own thing**

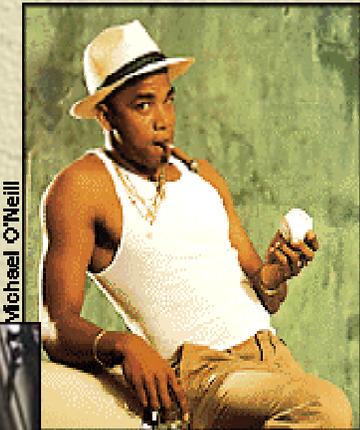


Common Mistakes

- ✦ Neglect chewers & dippers
- ✦ All must quit at the same time
- ✦ Do not reach out to drop outs,
no follow-up
- ✦ Do not use expertise of group
members

Benefits of Tobacco

- ✦ Pleasurable
- ✦ Mood control
- ✦ Way to cope
- ✦ Social tool





**“Keep your expectations
reasonable with the
population”**

-Dr. Terry Rustin



Facilitator Skills

- ✦ **Congratulate and encourage!**
- ✦ **Give client credit for efforts and changes**
- ✦ **Show empathy**
- ✦ **Know limits**
- ✦ **Have fun!**

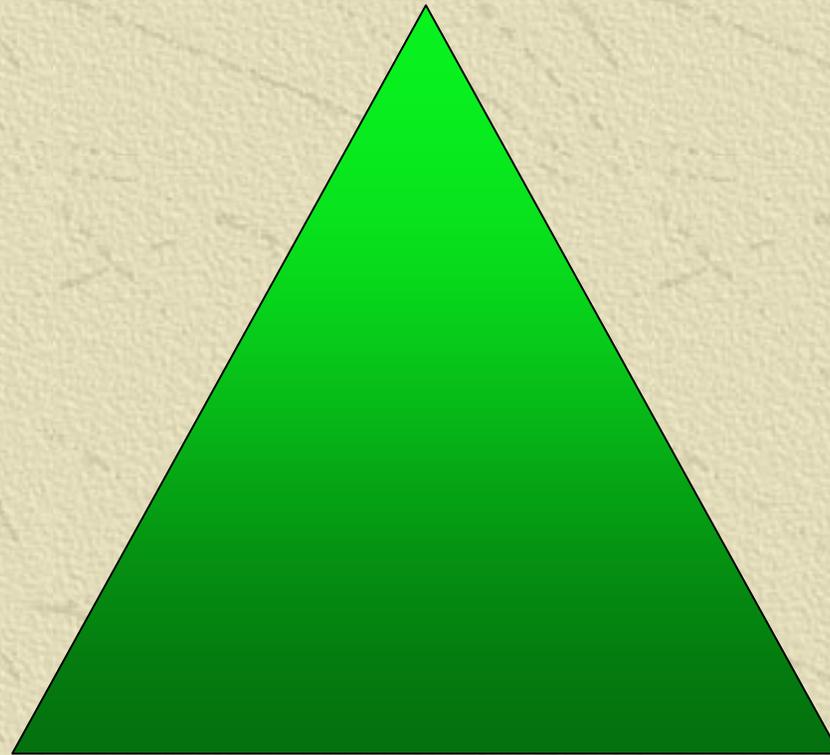


Key Points

- ✦ Use the “Teachable moment”
- ✦ Know what motivates each person
- ✦ Build on clients’ strengths
- ✦ Encourage and reinforce change
- ✦ Treat tobacco cessation like other addictions

Addiction

Physiological Dependence



Habit

Psychological Dependence

Benefits of Tobacco

- ✦ **Weight control**
- ✦ **Prevent withdrawal symptoms**
- ✦ **Concentration**
- ✦ **Other ways**



Expectations

- ✦ **Modest outcomes are the norm**
- ✦ **Success is movement to the next stage of change**
- ✦ **Success = Abstinence/cessation**

Helping Skills

- ✦ **Respect**
- ✦ **Supportive**
- ✦ **Empathy**



Counseling Skills



✦ Nonverbal skills

✦ Listening

Counseling Skills

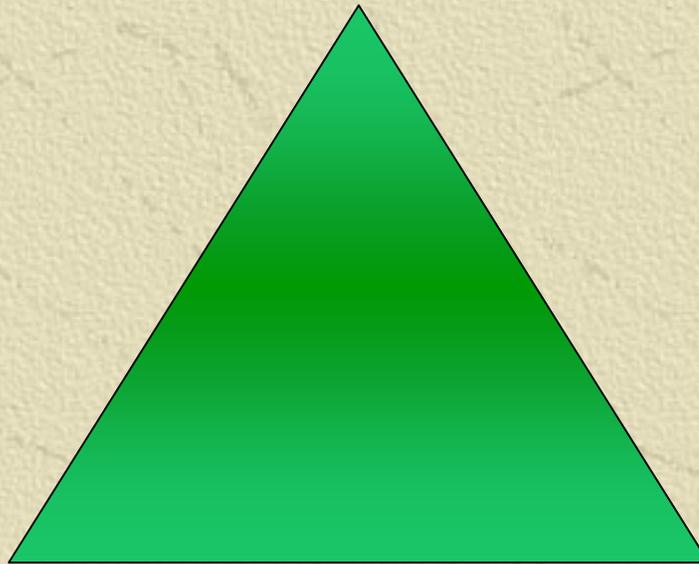
- ✦ Clarifying
- ✦ Reflecting
- ✦ Paraphrasing



Treatment

Treatment needs to address the 3 aspects of quitting-

✦ Physical



✦ Behavioral

✦ Cognitive



Quitting Process

Understand the quitting process and how you may intervene with each person at their particular stage of change!

Quitting Process

- ✦ **Beginning treatment**
- ✦ **Preparing to quit**
- ✦ **Learning how to quit**
- ✦ **Reaching quit day**
- ✦ **Managing acute withdrawal**
- ✦ **Preparing for long term abstinence**

Stages of Change



Precontemplation



Contemplation



Preparation



Action

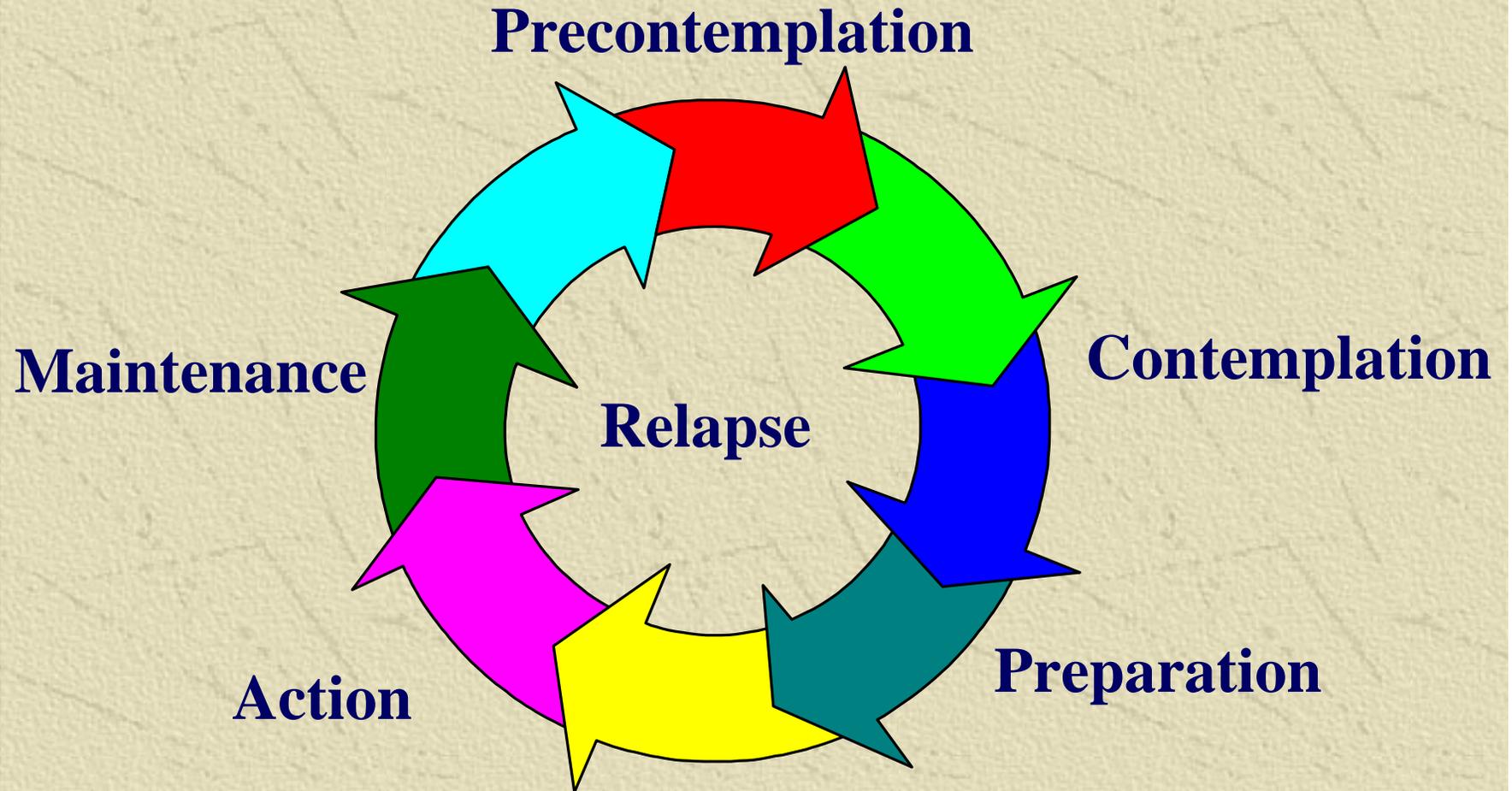


Relapse



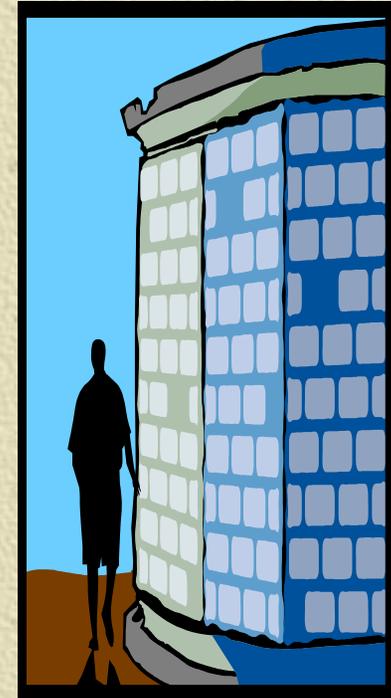
Maintenance

Behavior Change



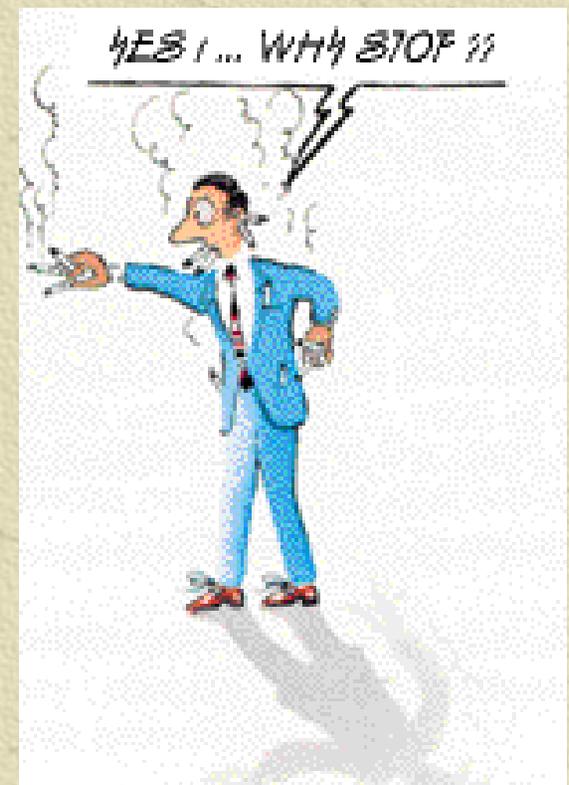
Barriers to Success

- ✦ Habit
- ✦ Cravings & Urges
- ✦ Lifestyle
- ✦ Emotional issues
- ✦ Psychological factors
- ✦ Change



Nicotine Withdrawal Changes

<u>Symptoms</u>	<u>Duration</u>	<u>%</u>
Irritability	4 wks	50%
Depression	4 wks	50%
Restlessness	4 wks	60%
Poor concentration	2 wks	60%
Increased appetite	>10 wks	70%
Liteheadness	<48 hrs	10%
Night awakenings	<1 wk	25%
Cravings	>2 wks	70%



Weight Gain Barrier

✦ Gainers

✦ Super gainers

✦ Gain to nonsmoking level

✦ Body image concerns



Individualize Treatment

- ✦ Tailor interventions to meet client needs!
- ✦ Offer variety of treatment modalities
- ✦ One size does not fit everyone!

"All smokers are not alike"

--Dr. Richard Hurt



CDC, MMWR Dec 22,2000

A comprehensive approach - one that optimizes synergy from a mix of strategies- has emerged as the guiding principle for future efforts to reduce tobacco use

Behavioral Strategies

✦ Contracting

✦ Reinforcement strategies

✦ Stimulus Control

✦ Fading

✦ Aversive

Cognitive Strategies

✦ **Self Efficacy**

✦ **Distorted thinking**

✦ **Attitude change**

✦ **Motivational Counseling**

Coping Skills

✦ Teach and encourage use of >

✦ **4 A'S** (Avoid, Alter, Alternatives, Activities)

✦ **DEAD** (Distract, Escape, Avoid, Delay)

✦ **HALT** (Hungry, Angry, Lonely, Tired)

Coping Skills

✦ **6 D's** (Deep breaths, Drink water, Delay, Distract, Dial a friend/Discuss & Don't Smoke)

✦ **HALT** (Hungry, Angry, Lonely, Tired)

Medications

- ✦ Tool in quitting
- ✦ Client choice of medications
- ✦ NRT- patches, gum, spray, inhaler
- ✦ Zyban
- ✦ Other medications



Optimal Efficacy of Meds

- ✦ Individualize dose levels and schedules
- ✦ Ensure adequate dosage!
- ✦ Combination medications
- ✦ Long term maintenance
- ✦ Medication issues

Assessment

- ✦ **Level of Addiction**
- ✦ **Readiness for change**
- ✦ **Self Efficacy**
- ✦ **Importance of quitting**
- ✦ **Treatment options**

Treatment Options

- ✦ **Self help approaches**
- ✦ **Minimal interventions**
- ✦ **Individual**
- ✦ **Groups- 2 sessions; 4-5 sessions;
8 sessions**
- ✦ **Combinations**

Group

- ✦ **Therapeutic power of groups**

- ✦ **Focus - Here and now**
Positive and supportive
Psycho-educational

- ✦ **Size**

- ✦ **Closed vs. open ended groups**

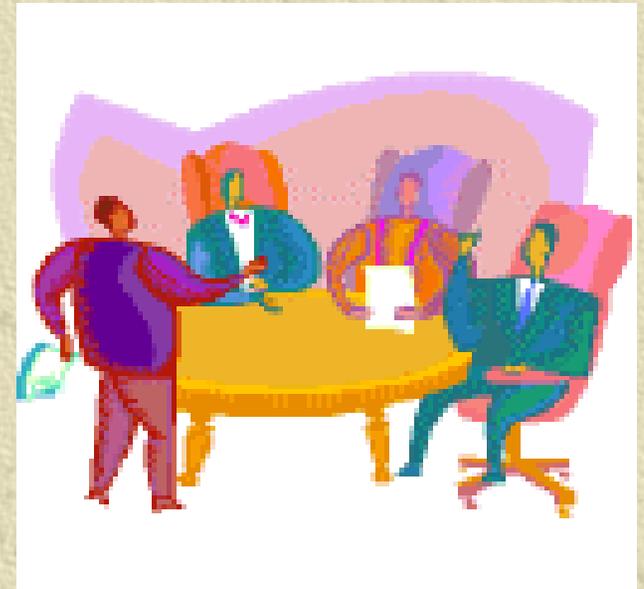


Group

✦ **Co-facilitating**

✦ **Group process - forming, storming, norming and working**

✦ **Common group issues**



Predictors for Success

✦ **Motivated**

✦ **Less addicted**

✦ **Attend all tobacco cessation sessions**

✦ **Social support**

✦ **No slips during treatment**

✦ **Light drinkers**

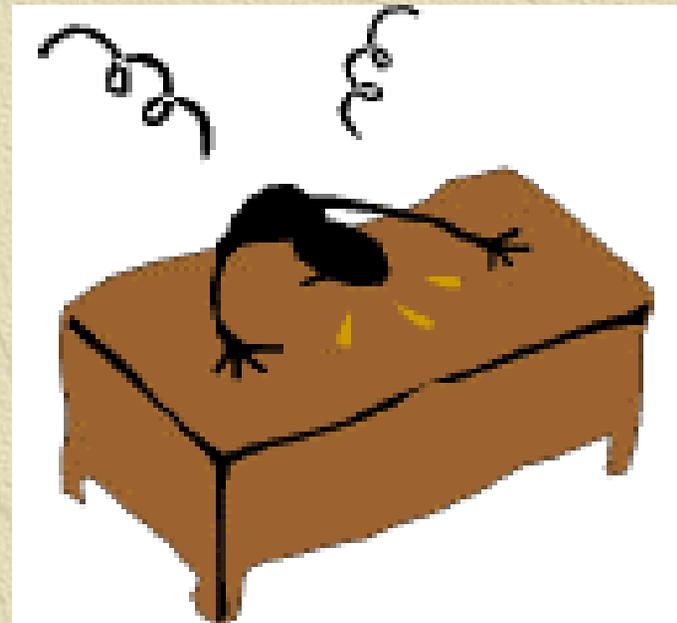
Relapse

“Relapse does not mean failure, rather is an absence of insight and lack of coping skills.”

-Dr. Terry Rustin

Common Triggers of Relapse

- ✦ Alcohol
- ✦ Withdrawal distress
- ✦ Weight gain
- ✦ Negative moods
- ✦ Self efficacy



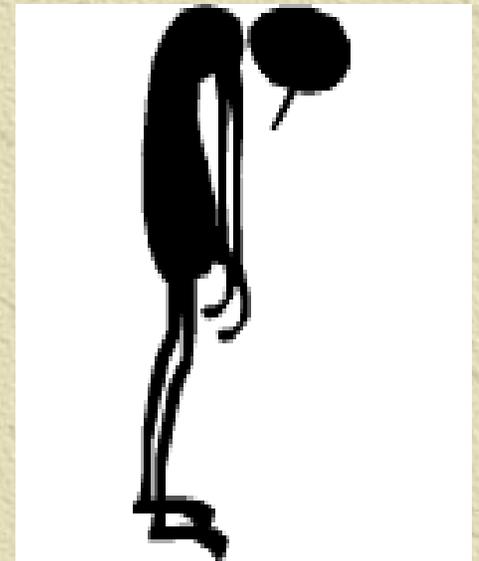
Common Triggers of Relapse

- ✦ Social situations
- ✦ Testing the waters
- ✦ Lack of support
- ✦ Arousal



Who is likely to Relapse?

- ✦ Highly dependent on nicotine
- ✦ Cope poorly with stress and moods
Ambivalence
- ✦ Unable to cope with cravings
and withdrawal
- ✦ Ambivalence
- ✦ Mental health issues



Strategies for Relapse Management

✦ **Temptations**

✦ **High Risks- situations, thoughts, feelings**

✦ **View slip as learning experience**

✦ **Reframe past failure as practice**

Other Issues

✦ **Recyclers**

✦ **Drop outs**

Outcomes

✦ 7 Day Point Prevalence Rate

✦ Success

Summary

- ✦ **Positive orientation (encourage, encourage!)**
- ✦ **Show confidence in ability to quit**
- ✦ **Use variety of skills & strategies**
- ✦ **Individualize treatment process**