

# KEY RESOURCES FOR BRIEF TOBACCO INTERVENTIONS (EVEN WHEN TOBACCO IS NOT THE TOPIC)

Linda Pegram, MA, MPH, CTTS, NCTTP  
HCHD Tobacco Program



# WHY WOULD YOU CONSIDER TALKING TOBACCO?

- THINK JUMBO JETS – 3 FULLY LOADED – CRASHING & BURNING — DAILY!!  
FOR A YEAR.
- THINK ABOUT THE IMPACT OF A WORD WELL TIMED
- THINK ABOUT A LIFE SPARED
- THINK IT MIGHT BE WORTH IT?



# REVIEW OF BEST PRACTICES

- *ASK*
- *ADVISE*
- *ASSESS*
- *ASSIST*
- *ARRANGE*

*RELEVANCE*  
*RISKS*  
*REWARDS*  
*ROADBLOCKS*  
*REPETITION*

YOU MAY NOT HAVE TIME FOR ALL  
THIS!!! WHAT MIGHT WORK?

2 A's AND AN R



# HOW WOULD YOU BUILD BRIEF TOBACCO TALK INTO YOUR TIME WITH CLIENTS?

MAY I ASK ABOUT YOUR TOBACCO USE?

KNOWING WHAT I KNOW ABOUT TOBACCO, I JUST WANT TO ADVISE YOU TO QUIT –AND SOON!

I UNDERSTAND YOU MAY NOT BE READY TO QUIT TODAY, BUT WHEN YOU ARE, I'D BE HAPPY TO REFER YOU TO SOMEONE WHO CAN HELP.

MOVE ON TO THE BUSINESS AT HAND



AND IF THEY ARE NOT  
RECEPTIVE ...  
DON'T BE OFFENDED.  
YOU MAY HAVE JUST  
STAGED THEM:  
PRECONTEMPLATION!  
ASK ONE OF THE 5 'R's  
  
AND MOVE ON!!



# STAGES OF CHANGE IN YOUR CLIENT'S SITUATION

- PRECONTEMPLATION

- CONTEMPLATION



- PREPARATION

- ACTION



- MAINTAINENCE



BUT IF THEY ARE READY  
WHAT RESOURCES CAN YOU  
SHARE WITH THEM?



# YOU COULD:

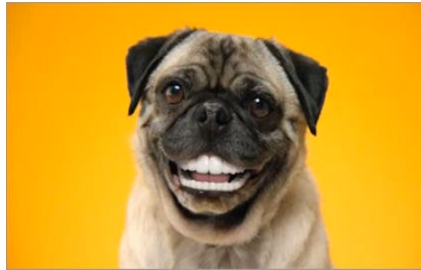
- SHARE THE 1-800-QUIT-NOW FOR QUIT ASSISTANCE BY PHONE.
- SUGGEST THEY CHECK THE INTERNET FOR :
  1. BECOME AN EX.ORG
  2. NICOTINE ANONYMOUS
  3. SmokingStopsHere.com
- CHECK OUT A PHONE APP





# OR YOU COULD..

- REFER THEM TO YOUR FRIENDLY LOCAL HEALTH DEPT. TOBACCO PROGRAM!!



- THEY CAN CALL 410-612-1781 FOR HELP
- EVEN BETTER, WITH THEIR PERMISSION, YOU CAN CALL, E-MAIL OR FAX ME THEIR NAME AND PHONE NUMBER – I'LL FOLLOW UP.



# HARFORD CO. HEALTH DEPT. TOBACCO PROGRAM

- OFFERS TOBACCO TREATMENT GROUPS
- OFFERS NICOTINE PATCHES, LOZENGES, GUM OR A COMBINATION OF PATCH PLUS EITHER LOZENGE OR GUM, CONSIDERED ONE OF THE BEST PRACTICE OPTIONS IN TREATMENT TREATMENT.
- STAFF ARE MAYO CLINIC TRAINED CTTTS



# MAY WE HELP?

- IF YOU HAVE QUESTIONS,
- IF YOU WANT TO OFFER TOBACCO GROUPS AT YOUR FACILITIES,
- IF YOU WANT TOBACCO TALKS FOR STAFF OR CLIENTS,
- CONTACT ME: 410-612-1781  
[LINDA.PEGRAM@MARYLAND.GOV](mailto:LINDA.PEGRAM@MARYLAND.GOV)



# THANKS FOR YOUR TIME!

