

REACH INTERVENTION FORM

MRN: _____

Date: ____ / ____ / ____
Month Day Year

Time In: _____ Time Out: _____

SCRIPT Counselor: _____

- ☐ Prenatal (# of weeks: _____)
- ☐ Postpartum

1.	ASK < 1 Minute		
Document smoking status and number of cigarettes per day (CPD): (#cigarettes per day): _____			
☐ A. Quit since screening visit ☐ B. Smoker ☐ C. Don't know ☐ D. Refuse to say			
Response A. Congratulate her on success			
Response B. ASSESS, ADVISE, ASSIST AND ARRANGE # Cigarettes Smoked Yesterday: _____			
2.	ASSESS < 1 Minute		
Readiness to quit ☐ Not Thinking about quitting ☐ Thinking about quitting ☐ Ready to begin ☐ Taken steps to quit ☐ Ready to reduce ☐ Don't know ☐ Refuse to say (If No, stop here)			
3.	ADVISE < 7 Minutes		
Provide clear, strong messages about risks of smoking to mother/fetus		Yes	No
• Provide clear, strong and personal advise to quit and stay quit.....		☐	☐
• Advise client to stop ETS exposure.....		☐	☐
• Review "Commit to Quit" video.....		☐	☐
4.	ASSIST < 10 Minutes		
Provide SCRIPT Overview			
• Provide <u>A Pregnant Woman's Guide to Quit Smoking</u>		☐	☐
Briefly review cessation skills in the "Commit To Quit" video and the Guide.....		☐	☐
• STEP 1: Review Agreement to Quit, sign the contract and set Quit Date (Page 3).....		☐	☐
Write down Quit Date: _____			
• STEP 2: Review Smoking Diary - #cpd (Page 4).....		☐	☐
• STEP 3: Review Schedule Smoking (Page 5)		☐	☐
• STEP 4: Review Yuck Jar (Page 6).....		☐	☐
• STEP 5: Promote Deep Breathing (Page 6).....		☐	☐
• STEP 6 & 7: Review Stop Smoking Buddy (Pages 8 to 11).....		☐	☐
• STEP 8: Learn Smoke – Tasting (Page 13)...		☐	☐
• STEP 9: Review Smoking Alternatives (Page 14).....		☐	☐
• STEP 10: Review Smoking Habits (Page 16)...		☐	☐
Express confidence that use of the Guide and methods will help them quit			
• Build Self-Efficacy (Page 19).....		☐	☐
5.	ARRANGE < 1 Minute		
• Remind client of next visit and label as "smoker" in notes.....		☐	☐
• Explain/schedule follow-up telephone call(s)			
• Recommend call Quitline			
• Recommend talk with doctor about quitting			

Summarize counseling session: _____

