Tobacco-Cessation Counselling

Experiment 24 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To conduct a brief supportive tobacco-cessation role play.

Principle

A brief intervention identifies tobacco use, readiness, support needs and follow-up without judgement.

Key Points

- Ask about smoked and smokeless tobacco, pattern and previous quit attempts.
- Give clear advice to stop and explore the person's own reasons.
- Agree a practical plan, support contact and review; medication suitability is assessed by the qualified service.

Activity Procedure

1. Ask and advise

Discuss use privately and give a clear supportive cessation message.

2. Assess

Explore readiness, triggers and barriers.

3. Assist

Agree a feasible quit plan and connect to the local cessation service.

4. Arrange

Set a review and discuss how to respond to a lapse without blame.

Record and Observations

Field	Activity record
Use / readiness	_____
Reasons / triggers	_____
Plan / service support	_____
Follow-up	_____

Result

Complete the record using your activity, then state the findings, the action required and the reason for that action.

Viva Questions and Answers

1. Why ask about smokeless tobacco?

It is also tobacco exposure and requires cessation support.

2. Why explore triggers?

The plan can address situations linked to use.

3. Is a lapse a reason to stop support?

No; review and adjust the plan.

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