



Tobacco cessation

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Tobacco cessation and Survivorship

- Discussion of healthy living, healthy lifestyle
- Information- harms of tobacco, nicotine and vaping
- Assessment – readiness to cut down to quit

Statistics of smokers

Want to

70% want to quit

Try to

55% will try

Will

Almost 8% will quit

2021- saw 227

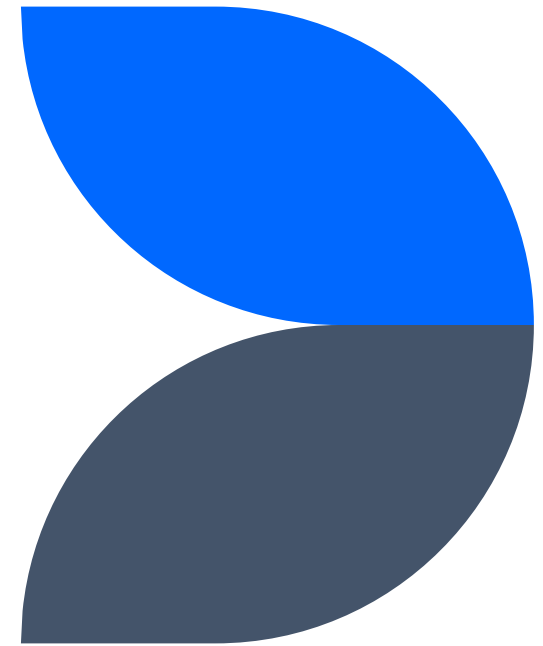
2022- saw 173

2021- 25 quit- 11%

2022- 20 quit- 11%

Primary goals

Encourage, offer NRT's, free counseling, goal setting



How to achieve goal to quit

- Counsel weekly during treatment (family as well if wanted)
- Motivational interviewing
- 4D's, coping, hobbies
- Assessment of what is working, not working, to be where they are at
- Follow up after treatment
- Expect relapse- try again

Summary

Quitting is hard!

Meet patient where they are at. No shaming or guilt

Try and try again, quit today, if start, quit again

I love quitters!!



Thank you

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