



NATIONAL INSTITUTES OF HEALTH
National Heart, Lung, and Blood Institute

Nurses: Help Your Patients Stop Smoking

Nurses Can Help Smokers Quit

Most Smokers Are Ready to Hear from You

How You Can Help

The Facts: Smoking Causes Death, Disease, and Disability

Benefits of Quitting

Challenges to Quitting

Withdrawal Symptoms

Nicotine Replacement Therapy

Steps for Nurses' Smoking Intervention

You can help your patients stop smoking. How? Talk to patients about their smoking, provide some simple but effective quit smoking advice, and ask other health professionals to do the same. This concise guide will help you do this successfully.

Smoking is a proven health hazard, and there are clear benefits to quitting. There is no safe cigarette and no safe level of smoking. **Nurses have a responsibility, as health professionals, to talk to all their patients who think about quitting.** This is true whether you work in a hospital, health department, worksite, school, physician's office, patient's home, or any other setting.

This guide contains:

- ♡ Information you can use to confidently talk about quitting smoking
- ♡ A quick and easy-to-use teaching guide: "Steps for Nurses' Smoking Intervention"
- ♡ A pocket summary of the teaching guide
- ♡ Five handouts that can be copied and given to patients.

Begin to use this teaching guide this week or, better yet, today.

- ♡ Role-play the steps of the smoking intervention with a friend or colleague before talking with patients.
- ♡ Take every opportunity to practice and make it part of your routine.
- ♡ If you smoke, use this booklet to help yourself quit.

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