



# M.O.M.S. Project

## Modification Of Maternal Smoking

### MOMS Project: A Step-by-Step Description

#### HOSPITAL PACKET

Velarde--add to existing hospital packet  
Diehl--?

2 WEEK VISIT (includes enrollment into study--we'd like to try it this way first; if it doesn't work, we'll give the enrollment form at the hospital)

1. Include "Health Survey" form on clipboard for mom to fill out.  
--encourage mom to return form before she goes in to see M.D.

QUESTION: Should we tell mom to come early because there are some forms for her to complete?

2. When form is returned, check the following items (see cheat sheet):  
A. #11: if no, give mom a hospital packet from appropriate M.D.  
B. #14; yes=qualify for study  
C. #23; if last response marked=quitter; all others are smokers  
D. check consent form (last page);  
if mom agrees to participate, mom is in the study!
3. If mom is in the study, attach label (smoker or quitter) to her file.
4. Attach MOMS checklist to M.D.'s checklist.
5. Insert appropriate MOMS folder into file.
6. Use appropriate MOMS "clip" to denote mom is in the study.
7. Put "Health Survey" in MOMS "Completed Surveys" box..

QUESTION: What are our options if mom doesn't get survey completed before being called back to see M.D.?

#### 2 MONTH VISIT (includes video)

1. When scheduling, tell mom, "There's a 15 minute video the doctor would like you to watch, so please allow enough time."

#### QUESTIONS:

Can we just schedule the appointment 15 min. early?  
Who is going to show mom to video viewing room?  
Who is going to operate the VCR?  
Who is going to decide that mom came too late to see video at that time?  
(We don't want nurse or M.D. to wait while mom watches video.)  
Does the nurse have time to ask mom about the video?

2. Check smoking status and insert appropriate MOMS materials into file.
3. Attach MOMS checklist to M.D.'s checklist.



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### 4 MONTH VISIT

1. Check smoking status and insert appropriate MOMS materials into file.
2. Attach MOMS checklist to M.D.'s checklist.

### 6 MONTH VISIT

1. Check smoking status and insert appropriate MOMS materials into file.
2. Attach MOMS checklist to M.D.'s checklist.

### HOW TO DETERMINE WHICH MATERIALS TO INSERT INTO FILE:

1. Look at MOMS checklist from previous well-baby visit:
  - A. Item #1 tells whether mom is a quitter or a smoker.
  - B. Item #3 tells whether mom is willing to set a quit date.  
If Y is circled:
    - a. Put both smoker and quitter materials in file.
    - b. Mark the quitter materials.
    - c. Use MOMS "clip" with the ??? on it.

### QUESTIONS:

Given time constraints, can the nurse (when seeing ??? clip) ask mom whether she was able to quit, and then offer congratulations/encouragement depending on mom's answer?

Could the nurse remove the MOMS materials that don't belong in the file? (We can have a centrally located box for her to put these materials in.)

Could the nurse replace the ??? "clip" with a clip denoting the mom's current smoking status?



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### Mike Wall's Eight Points for Smoking Intervention

1. Have a non-smoking office.
2. Take a quick smoking history and engage mother in a discussion.  
For MOMS Project, smoking status will be available at first well baby visit.
3. Personalize the health risks.  
EXAMPLES:  
"Your baby's wheezing is probably related to your smoking."  
"By smoking, your baby has twice the risk of getting respiratory infections."
4. Talk about the benefits of quitting:  
to baby  
to self  
role modelling
5. Try to get a behavioral commitment.  
EXAMPLES:  
have mom set a quit date  
have mom agree to read the pamphlets  
have mom agree to have a family discussion about smoking
6. Be prepared for rationalizations about weight, stress, and addiction.
7. Follow up on commitments; notes on chart are good reminders.
8. Discuss aids to quitting:  
give local resource guide (MOMS Project will provide)  
Nicorette (more details are coming)