

## EXERCISES ON ASK, ADVISE & REFER: THE CLINICIAN

For each case:

1. **Ask about tobacco use and SHS exposure.**
2. **Advise the patient or family member to create a smoke- and tobacco-free home.**
3. **Advise the patient or family member to quit using tobacco, if appropriate.**
4. **Refer to local resources, including the Quitline, educational brochures, etc.**

### CASE 1

You're seeing a delightful 18 year old, Ebony, for her pre-college physical. Ebony smells like cigarette smoke.

- Ask her whether she uses tobacco.
- Ask her what "not much" means.
- Assist her to quit smoking. Give her a "you can quit" card.

### CASE 2

Christine is 29 years old and is here with her 6 year old daughter, Nicole, for a sick visit. Nicole has had a fever and a cough. Christine's mother, Joann, came to the visit.

- Ask Christine if anyone smokes in her home.
- Offer to assist Christine make her home smoke free.
- Ask Joann if she could work with Christine to make the home smoke free.

### CASE 3

Devon is the 2 year old son of Tonya. Devon has significant asthma and his mom brought him in today after a hospitalization.

- Ask Tonya if anyone who lives in their home smokes cigarettes.
- Ask Tonya what it means if she says that no one smokes around Devon.
- Tell Tonya what a "smoke free home" is. Be specific.
- Congratulate Tonya for thinking about ways to make her home smoke free.

### CASE 4

You're seeing 7 year old Danielle for a well-child visit. Her mom and dad are with her. The three of them live in Danielle's grandfather's home.

- Ask the parents if anyone who lives in the home smokes.
- When they say "yes," ask who it is.
- When they say "Dad," ask if they could ask him to smoke outside.
- When they express reluctance about asking him to smoke outside, ask if they thought a note or a phone call from you would help.

## **EXERCISES ON ASK, ADVISE & REFER: THE PATIENT/PARENT**

### **CASE 1**

You're playing the role of 18 year old, Ebony, who has come in for a pre-college physical. You smell like cigarette smoke (sorry!).

- When Nurse Painless asks you whether you use tobacco, say "Not much."
- When Nurse Painless asks you to what "not much" means, say "About 5 cigarettes a day."

### **CASE 2**

You're playing the role of Christine, a non-smoking 29 year old mother of 6 year old Nicole. Nicole has a fever and a cough. You live with your fiancé and your parents, who all smoke. Your mother, Joann, came with you today.

- When Dr. Kind asks you if anyone smokes in your home, say "Yes, but I take Nicole out of the room when they do."
- When Dr. Kind advises you to make your home smoke free, say "I can't do that. It's not my house."

Now you're playing the role of Joann.

- When Dr. Kind offers to assist you in making your home smoke free, say "Is it really bad for Nicole?"
- When Dr. Kind assists you again, say "I'll think about it."

### **CASE 3**

You're playing the role of Tonya, the mother of 2 year old Devon. Devon was just hospitalized for asthma. You smoke – but only in the bathroom.

- When Dr. Tender asks you if anyone who lives in your home smokes cigarettes, say "My boyfriend and I smoke, but never around Devon."
- When Dr. Tender asks you what it means that you don't smoke around Devon, say "We smoke in the bathroom."
- After Dr. Tender tells you what a smoke free home is, ask "Is it OK for me and my boyfriend to smoke on the patio?"
- When Dr. Tender offers to assist you in quitting and gives you the "you can quit card": say "I've been thinking about it. Thanks for the information."

### **CASE 4**

You're playing the mother or father (you pick!) of Danielle, a 7 year old who's here for a well-child visit. You, your spouse, and Danielle live in your Dad's home. He smokes in his bedroom.

- When Dr. Good asks if anyone who lives in the home smokes, say "yes" but don't say anything else.
- When Dr. Good asks who the smoker is, say "my Dad."
- When Dr. Good offers to assist you in making your home smoke free, say "I can't do that. It's my Dad's house."
- When Dr. Good offers to write a note or call your father, say "A note might help."