

## **EXERCISES ON USING PHARMACOTHERAPIES: THE CLINICIAN/COUNSELOR**

### **For each case:**

1. Ask if the tobacco user has heard about pharmacotherapies. Find out if they've tried any before, what that experience was like, and if they're interested in learning more about pharmacotherapies.
2. Ask (Briefly!) about contraindications to using pharmacotherapies. Include pregnancy, seizure disorders, age, recent cardiac events, other medications, etc.
3. Suggest a pharmacotherapy plan. Tell your partner why you chose that plan. Remember – there are no wrong answers!

### **CASE 1**

You're seeing 18 year old Brandi, for her pre-college physical. Brandi and you have discussed quitting and she seems like she might be ready to take the big step.

- Assist her in setting a quit date.
- Is she a candidate for pharmacotherapies?
- What plan would you suggest? Why?

### **CASE 2**

You're seeing Christine, a 29 year old mother who's here with her 6 year old daughter, Nicole. You've written a note for Christine to take home to give to her family.

- What would you tell Christine about pharmacotherapies?
- What plan would you suggest? Why?

### **CASE 3**

You're seeing Tonya, the mother of Damon. Damon has asthma. You and Tonya have discussed making the home smoke free and Tonya seems like she's ready to do that.

- Congratulate Tonya for thinking about ways to make her home smoke free.
- Ask her if she's ready to quit smoking.
- Discuss how the patch and gum can be used incorrectly when she tells you what she's heard. Discuss varenicline with her. Recommend that she call the Quit Line to learn more.

### **Case 4**

You're seeing 7 year old Danielle for a well-child visit. Her mom and dad smoke. You've discussed quitting, and they were reluctant to commit to quitting. Now you're discussing how to make their home smoke free.

- Ask the parent if he or she could make their home smoke free.
- Suggest that using the gum or a lozenge might be a good way to delay smoking. Discuss varenicline and how effective it can be for some people.

## **EXERCISES ON USING PHARMACOTHERAPIES: THE PATIENT/PARENT**

### **CASE 1**

You're playing the role of 18 year old Brandi, who came in for a pre-college physical. You and your doctor have been discussing your smoking.

- When Dr. Sensitive asks you if you could set a quit date, say "yes".
- When Dr. Sensitive asks you about your health history, respond with answers that would make you an appropriate candidate for pharmacotherapy use.
- When Dr. Sensitive suggests a plan for pharmacotherapy use for you, ask if you're old enough to use them.

### **CASE 2**

You're playing the role of Christine, the non-smoking 29 year old mother of 6 year old Nicole. You live with your fiancé and your parents, who all smoke. Dr. Kind has written a note for you to take home to your family. The note advises them to make the home smoke free for Nicole's sake, and ultimately to quit.

- Ask Dr. Kind about those "quit smoking" drugs. Do they work? How much do they cost? Can you suggest that your fiancé uses them? How would your fiancé get a prescription for them?

### **CASE 3**

You're playing the role of Tonya, the mother of 2 year old Damon. You've just agreed to make your home smoke free.

- When Dr. Tender asks you if you might be ready to quit smoking, say, "Maybe. I've heard a lot about the patch and gum from my friends. Some of them say they work, some say they're just a waste of money. What do you think, Dr. Tender?"

### **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 and your spouse smoke. You've already discussed quitting and said you weren't ready to take that step yet. Now you're discussing making your home smoke free. There are 2 other children at home, a 4 month old, and a 3 year old.

- When Dr. Good asks if you could make your home smoke free, say "we could probably do that – except that we live in a 5<sup>th</sup> floor walkup and sometimes one of us is home alone with the kids. We don't have a balcony...and we can't haul all the kids up and down the stairs every time we want to smoke a cigarette."