

## **SPECIAL POPULATIONS EXERCISES: THE CLINICIAN/COUNSELOR**

### **For each case:**

1. Ask about tobacco use and SHS exposure.
2. Advise the parent or patient to create a smoke- and tobacco-free home; to quit using tobacco; or to never use tobacco; whichever is appropriate. When appropriate, discuss tobacco use and protective factors, like close communication with parents, friends who smoke, etc.
3. Consider special circumstances when helping the patient or parent to make a quit attempt.
4. Refer to local resources, including telephone counseling (quitline), educational brochures, etc. Discuss and/or prescribe nicotine replacement therapies and other medications.

### **CASE 1**

You're seeing Jason Murray, a 15 year old Caucasian teen who's here for an asthma exacerbation. Jason's mother is out in the waiting room. Jason's asthma exacerbations have become more frequent in the last year. Ask Jason about potential triggers of his asthma.

### **CASE 2**

Teresa, a 12 year old girl, and her mother, Debra, are in for Teresa's school physical. Teresa's an only child and has been a patient of yours since she was an infant. In your practice, you make the transition to "patient only" exams at this age. You usually have a discussion with both the parent and the patient first to explain privacy, etc. During that discussion, Teresa's mother asks "Will you be discussing smoking? I started to smoke around this age and it was very hard to quit—I didn't quit until I became pregnant with Teresa." What do you tell Debra about influences to smoke and ways to prevent tobacco use initiation by teens?

### **CASE 3**

Kim, the 23 year old African-American mother of Brianna, a 2 year old, is here for follow up after Brianna had an ear infection. When you initially diagnosed the ear infection you asked Kim if anyone in the home used tobacco. Kim said that she smoked a cigarette now and then. This was news to you (you routinely screen parents at well child checks), and you advised her to think about quitting, and to make her home and car smoke free immediately. Ask Kim about her progress.

### **CASE 4**

You're seeing Joaquin Reyes, a delightful 6 year old Hispanic boy. His dad brought him in because Joaquin took a hard fall at school and the school nurse wanted him to be cleared. You know that Mr. Reyes has had a long history of depression, with some suicide attempts in the past. You also know that Mr. Reyes smokes. After you check Joaquin and determine that he's fine, other than a few scrapes, you ask Mr. Reyes how he's doing overall, and specifically about his smoking.

### **Case 5**

You're seeing Angel Thompson, the second child of Nancy Thompson. Angel is a 3 day old newborn. You take care of Angel's older sister and have known Nancy since she was a teen. Nancy has had problems with substance abuse in the past (alcohol, tobacco, and cocaine). She did pretty well during her pregnancy with Angel and was able to "stay clean". Now Nancy appears anxious and can't seem to focus on the topics you're trying to discuss with her. Ask her how she plans on staying "clean".

## **SPECIAL POPULATIONS EXERCISES: THE PATIENT/PARENT**

### **CASE 1**

You're playing the role of Jason, a 15 year old Caucasian teen who's been having problems with asthma exacerbations. You started smoking sometime last school year and now smoke 3-4 cigarettes a week, usually at weekend parties. You're beginning to realize that smoking isn't helping your asthma at all...and have tried to quit unsuccessfully and without assistance a couple of times. You don't want your parents to know that you smoke. You have concerns about treatment costs, etc. All this is confounded by your growing realization that you're gay.

### **CASE 2**

You're playing the role of Debra, mother of a 12 year old girl, Teresa. You are in today for Teresa's school physical. Dr. B. Good has been explaining to you that she's going to start seeing Teresa without you in the room. She's explained how she's going to handle privacy, and when and how she will consult you. You are fine with all that, but mention that you have been noticing the smell of smoke on Teresa's clothes and would like Dr. Good to discuss tobacco use with you and Teresa. You tell Dr. Good that you started smoking around Teresa's same age, and that you did not quit until you became pregnant with her.

### **CASE 3**

You're playing the role of Kim, the 23 year African American mother of 2 year old Brianna. You're here for a follow up after Brianna had an ear infection. You recently started to smoke, and you thought it wasn't a problem because you only smoke 1-2 cigarettes a day when Brianna's asleep. One of the reasons you started to smoke is that it helps you to "take a break". When Dr. Fine asked you about tobacco use when Brianna's ear infection was diagnosed, you were surprised to hear that the little bit of secondhand smoke you're producing could harm Brianna. You still aren't convinced, but have been smoking only in the bathroom with the fan on, the window open, and the door closed. You can't go outside to smoke when Brianna's asleep, because you live in a second floor apartment without a balcony.

### **CASE 4**

You're playing the role of Mr. Reyes, the father of Joaquin, a 6 year old Hispanic boy. Joaquin's here because he took a hard fall at school and the school nurse wanted him to be cleared. You have a long history of depression, with some suicide attempts in the past. You're currently in pretty good shape, thanks to a new SSRI and counseling, but you're getting concerned about your job security because of the economy. You smoke - a lot - and are concerned that quitting might make another depression episode more likely.

### **Case 5**

You're playing the role of Nancy Thompson, the mother of Angel, a 3 day old girl, and Angel's older sister. You're here for Angel's first checkup. You've had significant problems with substance use and abuse in the past, specifically alcohol, tobacco and cocaine. During your pregnancy with Angel, you were able to maintain sobriety, but occasionally smoked a cigarette. You're concerned about taking care of two children at home, and know that you shouldn't smoke, but "isn't smoking better than using alcohol or cocaine?"