

5As smoking cessation counseling for pregnant women

- ASK** **Ask about her smoking status.**
- ADVISE** **Use clear and strong language to advise:**
- Every time you light up your baby suffers. Your smoking can lead to your baby being born too soon or too small.
 - No matter how far along you are, quitting smoking NOW will help your baby.
 - If you stop smoking your baby will be less likely to develop asthma, pneumonia, and earaches. It will also reduce his risk of SIDS.
- ASSESS** **Assess her willingness to quit. If ready to quit, go to next step.**
- ASSIST** **Ask her to:**
- Find motivating reasons for quitting
 - Set a quit date, preferably within 2 weeks.
 - Remove tobacco products from her environment.
 - Get support from family, friends, and coworkers.
 - Review past quit attempts – what helped, what led to relapse.
 - Anticipate challenges, including withdrawal symptoms.
- ARRANGE** **Make referrals and plans.**
- Ask if you can refer her to Fax to Assist or refer her to 1-800-QUIT NOW.
 - Provide the DHHS 'You Can Quit Smoking' quit plan.
 - Refer her to www.smokefree.gov for resources and texting service.
 - Arrange for followup visit to discuss relapses and ask about her success.

Maryland's SmokingStopsHere.com
1-800 QUIT NOW. A smoke-free life is just a
phone call away.



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Screening for Exposure to Secondhand Tobacco Smoke

ASK

Ask about exposure to secondhand smoke:

Do you or your children live with someone who smokes?
If yes, which statement best describes the rules in your home?

- No one is allowed to smoke anywhere in the home
- Smoking is allowed in some rooms or at some times
- Smoking is permitted anywhere in the home

Are you or your children exposed to tobacco smoke regularly (at least one time a week) from anyone outside of your home?

If yes to any of the above, continue to next step.

ADVISE

Advise client of the following:

- When you breathe in secondhand smoke, it's as if you were smoking yourself. That's true for your baby, too.
- Babies exposed to secondhand smoke are more likely to be born too soon, too small, and to die in their sleep. They are more likely to develop asthma, pneumonia, and earaches.

ASSESS

Ask client if she wants help. If yes, go to next step.

ASSIST

Discuss steps she can take to create smoke-free environments.

- Ask household members and friends to smoke outside the home.
- Avoid places where people smoke cigarettes.

ARRANGE Distribute materials:

- 'Just Step Away' materials help clients set rules about a smoke-free home and car.
- The 1-800 QUIT NOW card provides referral information for friends or family members who wish to quit.

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