

# SmokeCheck: Indigenous Tobacco Brief Intervention Program—Queensland Health

One way of helping smokers to think about their smoking, to cut down, or to make a quit attempt is to use brief intervention. Health professional from the Queensland Government worked with local health workers and communities in north Queensland for many years to develop and evaluate a program called *SmokeCheck*.

*SmokeCheck* is the first program of its kind in Australia, and has been developed to provide extra knowledge, skills and support to all health professionals who work with Indigenous patients and clients. Because of positive feedback from workers and communities, the full *SmokeCheck* program (as well as some locally modified versions) is now available in most States and Territories.

General information about brief intervention is outlined in here, with most of it coming from the *SmokeCheck* program. **It is very important, however, to note that *SmokeCheck* includes a full training program, ongoing support, and a range of free materials for patients and clients.**

Here is a guide to the *SmokeCheck* brief intervention with clients at the various stages of change:

PRECONTEMPLATION	<p><b>Not ready</b></p> <ol style="list-style-type: none"> <li>1. Listen to your client's story</li> <li>2. Your client is not ready to change.</li> <li>3. Ask questions:           <ul style="list-style-type: none"> <li>• How many do you smoke each day?</li> <li>• Share health information</li> <li>• Talk about passive smoking</li> <li>• Offer your client help when they are ready</li> <li>• Invite your client to come back again</li> <li>• Offer your client the pamphlet—<i>Smokers: it's good to know</i> (see the pamphlet cover in Handout #17, Section 7 of this CD-ROM)</li> </ul> </li> <li>4. Make some notes in the client's record about their stage of change and what you advised.</li> </ol>
CONTEMPLATION	<p><b>Unsure</b></p> <ol style="list-style-type: none"> <li>1. Listen to your client's story</li> <li>2. Your client is not sure about making change</li> <li>3. Ask questions:           <ul style="list-style-type: none"> <li>• How many do you smoke each day?</li> <li>• What do you see as the good things about smoking?</li> <li>• What do you see as the not so good things about smoking?</li> <li>• What would you see as the good things about giving up smoking?</li> <li>• What would you see as the not so good things about giving up smoking?</li> <li>• Talk about the clients concerns and encourage a decision to change</li> <li>• Share health information</li> <li>• Offer client the pamphlet—<i>Smokers: thinking about giving up?</i> (see the pamphlet cover in Handout #17, Section 7 of this CD-ROM)</li> <li>• Invite the client to come back again</li> </ul> </li> <li>4. Make some notes in your client's record about their stage of change and what you advised.</li> </ol>

For further contact information about where you may get free *SmokeCheck* training, check out the Section 7, Part 5 of this CD-ROM.

"Talkin' Up Good Air" – Australian Indigenous Tobacco Control Resource Kit  
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QUITTING AND STAYING QUIT	<h2 style="margin: 0;">Ready to give up</h2> <ol style="list-style-type: none"> <li>1. Listen to your client's story</li> <li>2. Your client has decided to quit</li> <li>3. Ask questions: <ul style="list-style-type: none"> <li>• What do you see as the good things about smoking?</li> <li>• What do you see as the not so good things about smoking?</li> <li>• Reinforce your client's decision to change</li> <li>• Help your client plan how to quit and set a quit date</li> <li>• Talk with your client about their last quit attempt—what helped and what didn't</li> <li>• Talk with your client about their concerns about giving up and plan how to deal with them, including: <ul style="list-style-type: none"> <li>○ Alcohol</li> <li>○ The benefits of giving up</li> <li>○ What happens to you when you quit</li> <li>○ Tips for cutting down</li> <li>○ Tips for quitting</li> <li>○ Ways to give up</li> <li>○ Withdrawal and cravings</li> <li>○ NRT</li> <li>○ Weight gain</li> <li>○ Diabetes</li> </ul> </li> <li>• Talk with your client about their need for support from family or friends</li> <li>• Talk to your client about nicotine patches (if appropriate)</li> <li>• Offer your client the pamphlet—<i>Smokers: decided to give up?</i> (see the pamphlet cover in Handout #23, Section 9 of this CD-ROM)</li> <li>• Invite your client to come back again</li> </ul> </li> <li>4. Make some notes in your client's record about their stage of change and what you advised.</li> </ol>
MAINTENANCE	<h2 style="margin: 0;">Stay a non-smoker</h2> <ol style="list-style-type: none"> <li>1. Listen to your client's story</li> <li>2. Your client has given up</li> <li>3. Ask questions: <ul style="list-style-type: none"> <li>• How do you feel about not smoking?</li> <li>• What about giving up smoking is going well?</li> <li>• What about giving up smoking is not going well?</li> <li>• What do you do instead of smoking?</li> <li>• How do you avoid triggers to smoke?</li> <li>• Reinforce changes—congratulate the client!</li> <li>• Talk to your client about exercise and healthy diet</li> <li>• Ask about how their support from family and friends is going</li> <li>• Offer support, talk about: <ul style="list-style-type: none"> <li>○ Avoiding triggers.</li> <li>○ Doing the 4Ds.</li> <li>○ Replacing smoking with other activities.</li> <li>○ Increasing physical activities and making healthy food choices.</li> <li>○ Getting support from family and friends.</li> <li>○ Referring to group interventions if necessary.</li> <li>○ The fear of failure or relapsing.</li> </ul> </li> <li>• If necessary, refer your client to a Quit program or other health staff</li> <li>• Offer the booklet <i>Ex-smokers: congratulations—keep up the good work.</i> (see the pamphlet cover in Handout #17, Section 7 of this CD-ROM)</li> <li>• Invite the client to come back again</li> </ul> </li> <li>4. Make some notes in your client's record about their stage of change and what you advised.</li> </ol>

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