



Quit Smoking Participants information?

Community name: **_XXXXXXXXXX** Date **14th Feb 2018**

Name: **0002** Age: **_54**

[X] Smokerlyzer reading: 16

[X] Blood Pressure reading: **_122/ 77**

[X] 1 Minute physical activity test, number of times from point A to B: **6 ½ times**

[] Men's Health Check: [] Yes [] No

[X] Number of cigarettes smoked before quite smoking:

When not drinking don't smoke, when drinking and buy alcohol, buys a packet of cigarettes and smoke all of that

[] Medical assistance

[] Patches

[] Medication

[X] Group Workshop for 8 weeks

Method of talks and Health Promotion information and Historical understanding of Tobacco, information sharing and talking about what's working and what's not working for them as person wanting to quit smoking.

Notes:

This subject is very aware of his smoking patterns of when he smokes more and when he does other things to stay away from smoking.

He has understanding of being around smokers, leads to taking up smoking to joint in or be the social smoker.

Subject understands his personal times when he lights up, while waiting for work to start in the morning, during morning tea / smoke break while sitting with other work mates, after work tend to light up. Then again during the night when he wakes up and before going back to sleep would have a smoke.

This client has great control of his cigarette intake, but present vulnerability around other smoking.

An educated treatment plan for smoking cessation would be either of the two methods;

1. The Nicotine Gum to trial for the 8 weeks while on this smoking cessation talks with support.
2. Nicotine Inhaler to help with the space in between.

This client has a great chance of quit smoking with a little medical help and group talks to help keep the mind focused on the task of quitting. He sits mid-way with Smokerlyzer reading; increase his chance of quitting by seeing where he stands with nicotine in his system.

Need to coordinate a Well Men's Check at the Clinic or get him to come into Ingkintja to get this done.

Current Plan:

The current plan is to go cold turkey, until we sort out visit to the Doctor to get his Nicotine Gum or Inhaler and for us to liaison with the Doctor with suggested treatment plan.

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