

371 Maternal Smoking (PG/BF/NBF)

Description

- Any smoking (cigarettes, pipes or cigars)
- Women smokers; more health risks for themselves, their fetus and children (LBW, preemie, SIDS, cancer, cardiovascular & pulmonary disease)

Assess Readiness for Change: with open ended questions

- “You noted on your application that you smoke. How are you feeling about smoking now that you are pregnant?”
- “What can I share with you about smoking today?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready → “I should quit but I can’t. It just isn’t going to happen.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “Being a non-smoker, I can only share what others have said about the difficulties of stopping. How would you feel about trying to cut down on the number you smoke a day?” <p>*****</p> <p>Breastfeeding</p>	<ul style="list-style-type: none"> • “You are eligible for WIC because you smoke. Which can affect your pregnancy, delivery and baby’s health. I have information on smoking cessation assistance should you decide to try.” <p>*****</p> <p>Smoking linked to fussy baby, shorter BF duration, & for some decreased milk supply & letdown. Increased risk nicotine in milk >15 cigarettes a day. May continue to BF, but suggest smoke after BF to reduce affect on milk</p>

Record Plan or Goal Mom says she can’t quit or reduce smoking, too stressful. Will re-assess readiness next appointment.

<p>Unsure → “I have cut down on smoking but haven’t been able to quit?”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “That’s great you cut back. Even light smoking can increase risks of miscarriage and pregnancy problems. You cut back some, what did you do to accomplish that successfully?” • “On a scale of 1-10, how interested are in you in stopping smoking?” 	<ul style="list-style-type: none"> • Any smoking is harmful- no safe limit • Provide smoking cessation referral • Smokers may be deficient in vitamin A & C and folic acid
--	---	---

Record Plan or Goal Mom feels cutting back on smoking is all she can do now. Re-asses next appointment.

<p>Ready → “I tried to stop smoking cold turkey for my baby, but I started again.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “You sound concerned about your baby. You tried on your own. What kind of help have you sought to try to stop smoking?” • “How interested would you be in contacting a smoking cessation group?” 	<ul style="list-style-type: none"> • “That’s’ great. Here is the smoking cessation hotline. They have the expertise to help you. Can I answer anything else for you today?”
---	---	--

Record Plan or Goal Mom will call smoking hotline though says unsure she can stop smoking. Check if made contact next appointment.

Education Resources

- <http://www.alaskatca.org/> Resource- *Alaska Quit Line*
- <http://www.smokefree.gov/> Resource- *Government Quit Smoking*
- http://www.marchofdimes.com/professionals/14332_1171.asp Resource- *Smoking in Pregnancy*
- <http://www.Illi.org/FAQ/smoking.html> Resource- *Smoking & Breastfeeding*