

## **Case Studies Developing a Quit Plan**

### **Case #1: Amy**

Amy is a 21 year old woman who works as a cashier at a family-run drug store. Amy's partner Steve of four years is also 21 and works for a landscaping company. Amy and Steve have just learned that Amy is two months pregnant. Both Amy and Steve still live with their parents and the pregnancy has come as a shock to both of them.

Amy and Steve each smoke approximately 15-25 cigarettes daily. Both Amy and Steve are ambivalent about quitting, but are worried about the health of their unborn baby. Amy tried to quit "cold turkey" in the past but said she experienced so many withdrawal symptoms, she couldn't stand it any longer. She says the only way she can quit is if she can take medication to help with the withdrawal and would like Steve to try quitting as well. Steve doesn't think it's safe for Amy to take medication while she is pregnant and would prefer her to try quitting "the old fashioned way".

### **Case #2: Mike (Age 75)**

Mike presents at your clinic based on a referral by his family doctor. Mike has a myriad of health issues which his family doctor believes have been exacerbated by his smoking. He would like him to quit smoking and lose weight. At your appointment you find out that Mike started smoking when he was 15 years old. However, he was able to quit during his wife's first pregnancy at the age of 32. Mike began to smoke again shortly after he was diagnosed with diabetes at the age of 40. Mike mentioned that the stress of the illness, coupled with his demanding job as a construction foreman and raising 3 children, led to his relapse.

Mike's wife passed away a few years ago and he has been having a hard time ever since. He was recently diagnosed with COPD and is 40 pounds overweight. Mike had to move into a long-term care facility so that he could receive ongoing support in managing his diabetes and COPD. The long-term care facility where he lives has a "controlled smoking room" which is making it even more difficult for Mike to quit.

### **Case #3: Joanne (age 48)**

Joanne is a 48 year old single female with a history of depression who lives alone and supports herself with disability collecting \$500 month. She volunteers as a "warm line" operator a few times a week. She states that although she enjoys helping others, she feels that it's stressful at times, and she also finds that she smokes more after a stressful night at work.

Joanne reports that she wants to quit smoking because she "can't afford it" (she spends \$100 month on cigarettes). She also states that she'd like to quit for "health reasons". Even though she reports no known medical problems, she worries about developing a smoking related illness (e.g. cancer or heart disease). Joanne reports smoking 15 cig/day and reports as many as 11 previous quit attempts. She reports using the patch and gum, with no success. Her only reported period of abstinence was for 2 weeks, when she went "cold turkey". Joanne reports smoking since age 19, and cannot even remember life without cigarettes.