Management of Child/Adolescent at Risk for Smoking

Assess whether child or adolescent smokes

Yes

Is patient ready to stop smoking?

Yes

- Assess level of tobacco dependence (consider use of modified FTND) (Section 3.3)
- Assess social and psychological factors that contribute to smoking (i.e., role of smoking in their life)
- Identify patterns of smoking, cigarettes smoked that may be most easily discarded, and triggers of tobacco smoking that may be avoided
- Teach coping skills
- Determine appropriate pharmacotherapy for tobacco dependence. Teach role and use of medications. (Section 5.5)
- Develop written tobacco action plan (Section 5.5)
- Set Target Stop Date, if possible
- Consider referral to tobacco-dependence treatment program for adolescents if one exists in your community
- Consider referral to Quitline (1-800-QUIT-NOW)
- Arrange for follow-up. Frequent follow-up is often needed.

No

- Deliver positive, supportive message
- Counsel on hazards of tobacco dependence and the importance of not starting smoking

No

- Discuss the personal relevance of stopping smoking to the patient
- Redirect responsibility away from Patient and onto the Physician-Patient Partnership (i.e. “It’s important to me.”)
- Identify the potential risks of continued tobacco use in an age appropriate manner
- Identify the personal rewards of stopping smoking
- Discuss the impact of specific obstacles, such as parental awareness, on the child’s decision to continue smoking
- Provide contact information for tobacco-dependence treatment resources (e.g. 1-800-QUIT-NOW)
- Arrange for a follow-up visit to discuss tobacco use again

See Section: 2.6 Managing Patient Reluctance