LONG-TERM EVALUATION AND MANAGEMENT

Assess risk for relapse

- Assess nicotine withdrawal symptom severity
- Screen for depression, anxiety, or other mood disturbances caused or exacerbated by nicotine withdrawal
- Assess exposure to environmental tobacco smoke
- Estimate possible weight gain after stopping smoking (normal variability ±5% of baseline)
- Identify any high-risk behaviors (e.g., discontinued medications)

Low risk  High risk

Relapse Risk Reduction Checklist

☐ Deliver supportive message
☐ Ensure “Tobacco Use” remains on problem list
☐ Highlight relevance of continued nonsmoking to patient’s health status
☐ Invest personal importance (“It’s important to me”)
☐ Set expectation of continued discussion on next visit
☐ Review internal support mechanisms and external support resources (see Sections V & VI)
☐ Set follow-up appointment at regular intervals

Algorithm: 2.9 Managing Relapse

Algorithm: 2.10 Tapering Pharmacologic Interventions