MANAGING RELAPSE

Assess risk for relapse

Patient feels good control over behavior, has few/no struggles

• Continue surveillance
• Deliver supportive message

Patient’s control over smoking is slipping

Assess level of available support

• Encourage Quitline use
• Encourage patient to engage family/friends
• Provide office phone number for questions
• Refer to community resources for tobacco dependence (Web-based resources; support groups; patient education, etc.) Sections V & VI

Assess Rescue (Reliever) Medication Use

• Review technique for proper use
• Review frequency of use
• Review prompts for increasing Rescue (Reliever) Medication use
• Set minimum use targets

Any slips?

Yes

• Consider changing Rescue (Reliever) Medication, or adding a higher potency formulation
• Add a second Controller Medication
• Schedule a return visit within 2 weeks

No

• Consider adding a second controller
• Schedule a return visit within 4 weeks

Algorithm: 2.8
Long-Term Evaluation and Management

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