General Practice Associates  
Community General Hospital  

PROGRESS NOTES

Tobacco use history:
Current average daily tobacco use?  
- cigarettes  
- cigars  
- chew  
- pipe tobacco
Largest amount of tobacco ever used regularly: ____________  
Total years using tobacco: ____________
Current Brand: ____________  
Menthol? ____________
Time to first cigarette in morning?  
- < 30 minutes  
- > 30 minutes
Motivation to quit:  
- Health  
- Family  
- Friends  
- Appearance  
- Required at work  
- Other: ____________

"On a scale of 1 to 10, how confident are you that you will be tobacco-free in 6 months?" ____________

Past Attempts to Stop Smoking:
Date of last attempt: ____________  
Number of previous attempts: ____________
Longest duration without smoking: ____________
Relapse details: ____________
Previous methods:  
- "cold-turkey"  
- tapered down  
- self-help materials  
- group help program  
- NRT  
- Bupropion  
- Chantix  
- Combination NRT & Bupropion used together on same day
(Choose any that apply)
- Combination NRT (ex. patch & gum) used together on same day
Potential obstacles:  
- Severe cravings  
- Anxiety  
- Sleep disturbance  
- Weight gain  
- Social pressure  
- Depression  
- Other:
- Intimability

Contraindications to Bupropion SR?  
- Absolute  
- Seizure history  
- Excessive disorder  
- Current MAO inhibitor  
- Other Bupropion products  
- Relative  
- Heavy alcohol use  
- Benzodiazepine use  
- Prior adverse reaction  
- Other antidepressants
Contraindications to NRT?  
- Relative  
- Unstable hypertension  
- Serious arrhythmias  
- Hypersensitivity to adhesive

Plan for Care (include plan for follow-up):
Medications:  
- Target Stop Date on: ____________  
- NRT to begin on QD
- Follow-up / Education:  
- FIU in ____________ weeks
- Refer to: ____________

- Nicotine patch: ____________mg as directed qAM  
- nicotine qPM.
- Nicotine gum: ____________mg q _______ hrs  
- PRN cravings.
- Nicotine inhaler: ____________pf q _______ hrs  
- PRN cravings.
- Nicotine lozenge: ____________mg q _______ hrs  
- PRN cravings.
- Bupropion XL 150mg po qd 3-Td, then 300 mg po q am
- Chantix 0.5mg po qam x3d then 0.5mg po q12h then 1mg po q12h
- Other: ____________

NOTES:  
SIGNED: ____________  
DATE: ____________