

# Tobacco cessation in practice



**TOBACCO RÖKFRITT  
ENDGAME SVERIGE  
2025**

## ASK - ABOUT TOBACCO USE AND MOTIVATION

Each Quit attempt is individual. Your role is to support the patient to find his/her way to successfully stop smoking tobacco. By listening and understanding their situation, you make it easier for the patient to formulate thoughts, feelings and behaviours through words. Ask and document their previous and current tobacco use. Why does the patient want to be tobacco-free? Which motives are particularly strong? When does is the planned Quit day?

## UNDERSTAND - TOBACCO DEPENDENCE

Ask the patient to record his/her daily tobacco use. When, where and why, are appropriate questions that provide explanations and understanding. With knowledge from this mapping, the way to get out of tobacco dependence can become clear and possible.

## PREPARE - TOBACCO STOP

Review the pattern of registration. Let the patient decide how the behaviour change can take place: stop abruptly or prepare by changing habits. For those who need time to prepare, changing the situation, the place and the reason for tobacco use can be valuable. Small changes build up greater confidence and can motivate to new progress. Set a date when they are going to stop smoking.

## FOCUS - SEE OPPORTUNITIES

Inform about nicotine abstinence and medications that can facilitate successfully weaning off their addiction to nicotine. Ask the patient to think about developing new coping strategies before the stop day. What can help with nicotine craving, irritation and restlessness? How can their motivation be kept strong?

## FOLLOW UP - RESULTS (3-6-12 MONTHS)

Follow-up with several re-visits or telephone calls to support relapse prevention. | This can occur both short and long term after the stop. Discuss appropriate tools and strategies e.g. for New Year, Big social events, parties or holiday. What does work well after stopping? What support do you need to continue to be tobacco-free? How does it feel like a time after your stop? Why is it important for you to continue choosing to be tobacco-free?

### 0-10 SCALE QUESTIONS

**TIPS:** To see how strong the motivation is, use scale questions before the tobacco stop and after that..

#### BEFORE QUITTING TOBACCO

- ▶ How **IMPORTANT** is it for you to quit tobacco on a scale of 0-10?  
0 |—————| 10
- ▶ How **PREPARED** are you to quit tobacco on a scale of 0-10?  
0 |—————| 10
- ▶ How big is your **ABILITY** to quit tobacco on a scale of 0-10?  
0 |—————| 10

#### AFTER QUITTING TOBACCO

- ▶ How **IMPORTANT** is it for you to stay tobacco-free on a scale of 0-10?  
0 |—————| 10
- ▶ How **PREPARED** are you to stay tobacco-free on a scale of 0-10?  
0 |—————| 10
- ▶ How big is your **ABILITY** to remain tobacco-free on a 0-10 Scale?  
0 |—————| 10

### THE SWEDISH NATIONAL TOBACCO QUITLINE (SLUTA-RÖKA-LINJEN 020-84 00 00)

The Swedish National Tobacco Quitline offering free support to anyone who wants to quit tobacco, chat guidance for e.g. healthcare professionals who meet patients who want to quit tobacco. It is also possible to refer patients to the Swedish National Tobacco Quitline.

[www.sjukskoterskormottobak.com](http://www.sjukskoterskormottobak.com)