

# Prenatal Advice Grid

*For initial diagnosis see the Prenatal Survey*

| <b>ASK<br/>(Diagnosis)</b>  | <b>ADVISE<br/>(Treatment)</b>  | <b>ASSESS<br/>(Referral)</b>  | <b>ASSIST<br/>(Referral)</b>  | <b>ARRANGE<br/>(Follow-Up)</b>  |
|---|--|---|---|---|
| <p><b>Smoker:</b><br/>Patient currently smokes</p>  | <p>"I see from the Prenatal Survey that you filled out that you are currently smoking. I know that quitting is not an easy thing to do, but it is one of the most important things you can do for your baby and yourself. Women who smoke during pregnancy can have babies that are less healthy. Because I want you to have the healthiest baby possible, I strongly advise you to stop smoking."</p> | <p>Once a fax referral has been made to the California Smokers' Helpline (CSH), a trained counselor from CSH will make up to three attempts to contact your patient. During the initial call, smokers are asked some questions to determine their readiness to quit, need for support, and given the option of beginning counseling immediately or scheduling an appointment.</p> | <p>"I can assist you in quitting smoking. I would like to refer you to the California Smokers' Helpline. This is a free program. Trained telephone counselors can work with you to make a quit smoking plan and help you follow your plan. Please call the number on this prescription (1-800-NO-BUTTS) today. We can talk more about this on your next visit."</p> | <p>Because all smokers should have been referred to the Smokers' Helpline at their previous visit, these questions can be used to re-assess the patient at every follow up visit:</p> <ul style="list-style-type: none"> <li>• "Have you talked with a Smoker's Helpline counselor?"</li> <li>• "How is it going?"</li> </ul> <p>If the patient has not quit, or has not talked with a counselor at the Helpline, provide the appropriate recommendation (advise her to quit; refer her to the Helpline again).</p> <p>If the patient has quit, congratulate her and let her know the Smokers' Helpline is available if she relapses, or needs help staying quit.</p> |
| <p><b>Reduced Smoking:</b><br/>Patient smokes now but cut down after she learned she was pregnant</p> | <p>"I see from your Prenatal Survey that you have cut down on your smoking. This is a good first step. However, smoking is not good for you and it can harm your baby. Because I want you to have the healthiest baby possible, I strongly advise you to quit smoking."</p>  |   |   |   |
| <p><b>Smokes Intermittently:</b><br/>Patient smokes from time to time</p>                             | <p>"I see from your Prenatal Survey that you smoke from time to time. Smoking can harm your baby. Now is a very good time to give up smoking completely."</p>  |   |   |   |

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|--|---|---|--|---|
| <p><b>Recent Quitter:</b><br/><br/>Patient quit smoking after she learned she was pregnant</p> | <p>“I see from your Prenatal Survey that you have quit smoking. I would like to congratulate you on quitting! I want to stress that not smoking is one of the most important things you can do to protect yourself and your baby. If you are tempted to smoke, remember the reasons why you chose to quit and you will succeed.”</p>  | <p>RQ education materials should be given to the patient.*</p>  | <p>“We have education materials for recent quitters, like yourself, available at the front desk to help you stay quit; ask for them on your way out. If you need help now or after your baby is born, you can also call 1-800-NO-BUTTS and trained telephone counselors can help you stay quit. There is no charge for this program.”</p>              | <p>“The last time you were here you told me that you had stopped smoking. How have you been doing?”</p> |
| <p><b>ETS Exposed:</b><br/><br/>Patient does not smoke but other household members do</p>      | <p>“Children who are around smokers are sick more than other children. They are more likely to have asthma, allergies, ear infections and other illnesses. The effects on your child’s health can last a lifetime. There is no safe way to smoke indoors. I recommend you consider making your house a smoke-free place to live.”</p> | <p>ETS education materials should be given to the patient.*</p> | <p>“We have education materials available at the front desk that explain the harmful effects of exposure to environmental tobacco smoke on young children; ask for them on your way out. Family members who smoke can also call 1-800-NO-BUTTS and get help with quitting from trained telephone counselors. There is no charge for this program.”</p> | <p>“The last time you were here we talked about making your house smoke-free. How is that going?”</p>   |

\*RQ and ETS education materials are available to download from our website at [www.sdSmokeFreeFamilies.com](http://www.sdSmokeFreeFamilies.com) (Under Program Materials)

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