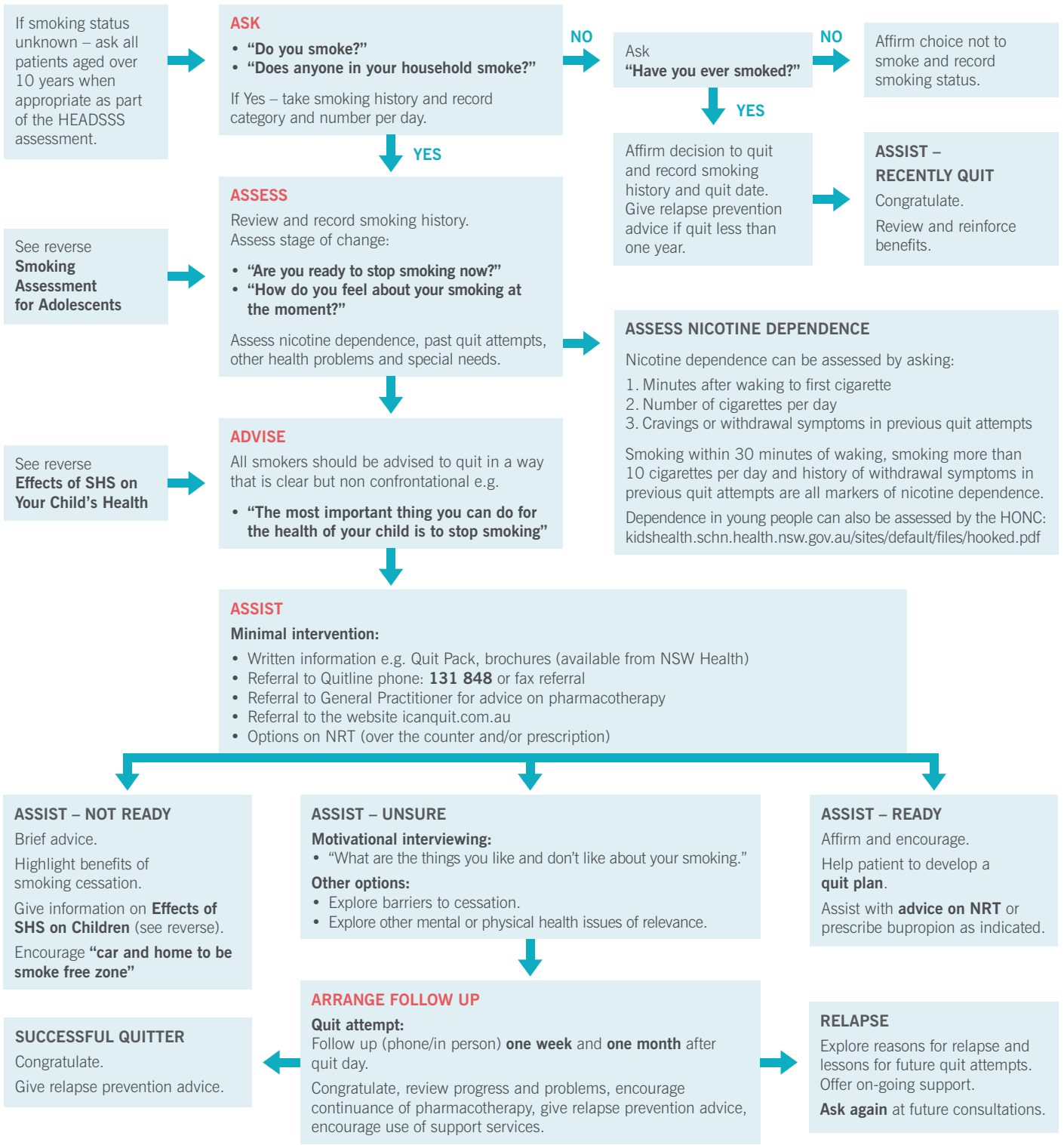


# 5A's for smoking cessation



Any intervention must be documented in the Electronic Medical Record or equivalent at your campus (e.g. Powerchart at CHW under adhoc charting- smoking cessation)

## SMOKING ASSESSMENT FOR ADOLESCENTS

- |   |  |
|---|--|
| <p>1. What grade are you in at school?</p> <p>2. Have you ever smoked a cigarette?<br/> <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>3. If you smoke cigarettes, do you smoke:</p> <p><input type="checkbox"/> Daily?<br/>         How many cigarettes do you smoke a day? _____</p> <p><input type="checkbox"/> Weekly?<br/>         How many cigarettes do you smoke a week? _____</p> <p><input type="checkbox"/> Monthly?<br/>         How many cigarettes do you smoke a month? _____</p> <p><input type="checkbox"/> Rarely?<br/>         How many cigarettes do you smoke a year? _____</p> | <p>4. When was the last time you smoked a cigarette?</p> <p>a. Within the last week<br/>         b. Within the last month<br/>         c. Within the last year<br/>         d. Greater than one year</p> <p>5. Does your mum smoke?<br/> <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>6. Does your dad smoke?<br/> <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>7. Do you have any brothers or sisters who smoke?<br/> <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>8. What percentage of your friends smoke cigarettes?</p> <p>a. None<br/>         b. Less than half<br/>         c. More than half<br/>         d. Almost all my friends</p> |
|---|--|

### ADOLESCENT MOTIVATORS TO QUIT SMOKING

- Enhanced appearance
- Save money
- Improved close relationships
- Avoid bad breath, stained teeth
- Less exposure to chemicals and toxins
- Feeling of control
- Improved health in long-term

### ADOLESCENT QUIT TIPS

- Identify triggers
- Learn coping strategies
- Prepare environment – throw out cigarettes, let friends and family know
- Drink more water
- Belong to a non-smoking crowd
- Anticipate withdrawal symptoms

## EFFECTS OF SECOND HAND SMOKE ON YOUR CHILD'S HEALTH

### Information Stage:

- Second hand smoke increases the risk of:
  - » Asthma – triggers attacks, increases severity
  - » Lower respiratory tract infections – croup, bronchiolitis, bronchitis, pneumonia
  - » Impaired lung function
  - » Otitis media and middle ear effusion
  - » Eye and throat irritation
  - » SIDS

### Intervention Stage: practical suggestions

- Do not allow smoking in enclosed spaces
- Designate smoking areas outside
- Remove ashtrays and lighters from inside the home
- Ask visitors to smoke outside
- Aim to make 'car and home smoke free zone'

For further information and to access free e-learning training on smoking cessation brief interventions, visit [kidsquit.org.au](http://kidsquit.org.au)

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