

Prenatal/Postpartum Smoking Cessation Protocol

ASK AT EACH VISIT

Which best describes your cigarette smoking?

- I stopped smoking before I found out I was pregnant and I am not smoking now
- I stopped smoking after I found out I was pregnant and I am not smoking now
- I smoke some now, but I've cut down since I found out I was pregnant
- I smoke regularly now-about the same as before finding out I was pregnant

YES

I HAVE NEVER SMOKED

STOP

NO

YES

ASK AT EACH VISIT

Are you around other people who smoke?

ADVISE

Quitting smoking during pregnancy:

- Lowers the risk that your baby will be born too early
- Increases your chances of giving birth to a normal weight and healthy baby
- Increases the chances your baby will be healthy enough to come home from the hospital with you

Staying smoke-free after pregnancy:

- Helps your body heal faster after delivery

ADVISE

Avoiding secondhand smoke exposure:

- Increases chances of giving birth to a normal weight and healthy baby
- Decreases baby's risk of dying of sudden infant death syndrome (SIDS)
- Improves chances that your child will not get bronchitis, pneumonia, ear infections, severe asthma, and/or breathing problems

REFER

- Provide Colorado QuitLine Number: 1-800-Quit-Now
- Fax a referral to the Colorado QuitLine using the Fax-to-Quit referral form—www.cohealthproviders.com
- Give a QuitLine brochure and/or a One Step second hand smoke pamphlet. To order free QuitLine brochures and/or One Step second hand smoke pamphlets go to <http://www.cohealthresources.org>

DOCUMENT SMOKING STATUS,
COUNSELING PROVIDED, AND REFERRALS

RE-ASSESS SMOKING STATUS & SECONDHAND
SMOKE EXPOSURE AT NEXT VISIT

Your Reason to Quit Grows Everyday!



Colorado Department
of Public Health
and Environment

Colorado Department of Public Health and Environment
4300 Cherry Creek Drive South
Denver, CO 80246-1530
303- 692-2000 or 1-800-886-7689 (In-state)
TTD Line for the Hearing Impaired: 303-691-7700

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Addressing Tobacco Use among Pregnant and Postpartum Women

While quitting smoking early in pregnancy is best for the expectant mother and her fetus, quitting at any point during pregnancy will improve the health outcomes for both mother and baby.

Offer women who smoke encouragement, as well as pregnancy-specific educational materials to help them quit.

PREVENTION OF RELAPSE

The post-partum period is a high-risk time for relapse. Be sure to assess for relapse soon after delivery and use relapse prevention strategies. Contributing factors of relapse include lack of financial resources and social support, reliance on cigarettes to deal with stress, lack of parenting skills, low self-esteem and other smokers in the household.

Actions:

- Evaluate for relapse potential at every visit.
- Reinforce the importance of remaining smoke-free after the baby is born.
- Discuss the health benefits of not smoking for patient, the newborn baby and others in the household.
- Provide positive messaging and genuine confidence in her efforts to remain smoke-free to increase her self-esteem.
- Encourage your patient to enlist her family and friends for support.
- Develop concrete plans with patient to prevent relapse and to deal with temptations and triggers.
- Suggest creating smoke-free environments by making a smoke-free home and car rule and by having smokers step outside to smoke. Smoke-free home/car pledges are available at <http://www.RaiseSmokeFreeKids.com> and at <http://www.hijossintabaco.com>

TOBACCO USE MEDICATION

Behavioral intervention is the first-line approach for pregnant women who smoke. Pharmacotherapy or tobacco use medication has not been sufficiently tested for efficacy and safety in pregnant patients. However, it may be considered when a pregnant woman is otherwise unable to quit and when the likelihood of quitting, with its potential benefits, outweighs the risks of the pharmacotherapy and potential continued smoking. It is important for pregnant smokers to discuss the risks and benefits with their doctors.

RESOURCES

Colorado QuitLine 1-800-QUIT-NOW

Cessation and Secondhand Smoke Resources: <http://www.cohealthresources.org>

Smoke-Free Families: <http://www.smokefreefamilies.tobacco-cessation.org>

Tobacco Cessation Tools: <http://www.myquitpath.com> or <http://www.coquitline.org>

REFERENCES

ACOG Committee Opinion: Smoking Cessation During Pregnancy, No. 316, October 2005

Treating Tobacco Use and Dependence: US Department of Health and Human Services Public Health Service, 2008 Update