

Tobacco Dependence Treatment Plan

Date: _____

Client Name: _____

Case Record #: _____

Smoking Status: Current Smoker Former Smoker Date of Most Recent Quit Attempt: _____ Years Smoking: _____

1) # Cigarettes Per Day (Score): 31+ (3 points) 21-30 (2 points) 11-20 (1 point) 1-10 (0 points)
 2) Time to First Cigarette (Score): within 5 min (3 points) 6-30 min (2 points) 31-60 min (1 point) 61+ min (0 points)

Heavy Smoking Index Score* (Add Score Items 1 & 2 Above): _____

A Score ≥ 4 = A High Level of Dependence

Readiness Stage: Precontemplation Contemplation Preparation Action Maintenance/Relapse Prevention

Smoking affects drug metabolism. People who smoke may require higher doses of certain medications. After a person quits smoking, blood levels of these medications can increase significantly and dosage reduction should be considered. Monitor these medications for side effects or toxicity whenever changes in smoking status occur. Clozapine may require a dose reduction during tobacco abstinence.[†]

Trade Name	Generic Name	Check If Taking
Clozaril	Clozapine	<input type="checkbox"/>
Zyprexa	Olanzapine	<input type="checkbox"/>
Elavil	Amitriptyline	<input type="checkbox"/>
Anafranil	Clomipramine	<input type="checkbox"/>
Aventyl/ Pamelor	Nortriptyline	<input type="checkbox"/>
Tofranil	Imipramine	<input type="checkbox"/>
Luvox	Fluvoxamine	<input type="checkbox"/>
Thorazine	Chlorpromazine	<input type="checkbox"/>
Prolixin	Fluphenazine	<input type="checkbox"/>
Haldol	Haloperidol	<input type="checkbox"/>

Cigarette smoking also affects the metabolism of propranolol, caffeine, theophylline, acetaminophen and other drugs.

Tobacco Dependence Goal: _____

 Target Date: _____

New
 Continuing
 Revised
 Achieved

Objectives:

1) _____

 Target Date: _____

New
 Continuing
 Revised
 Achieved

2) _____

 Target Date: _____

New
 Continuing
 Revised
 Achieved

3) _____

 Target Date: _____

New
 Continuing
 Revised
 Achieved

Progress: _____

Client Signature: _____

Date: _____

Therapist Signature: _____

Date: _____

*Heatherton TF; Kozlowski LT; Frecker RC; Rickert W; Robinson J. Measuring the Heaviness of Smoking: Using self-reported time to the first cigarette of the day and number of cigarettes smoked per day. *Br J Addict* 1989;84(7):791-799.

[†]Williams J, Ziedonis D, Speelman N, Vreeland B, Zechner M, Rahim R, O'Hea R. Learning About Healthy Living, (2005) NJ Div of Mental Health Services.