

Week	Session Outline – Week One	Video Topic	Points to Emphasize	Handouts/Supplies
<p><b>One</b></p>	<ol style="list-style-type: none"> <li>1. Check attendance on roster and/or registration sheets. (Have newcomers complete registration form.)</li> <li>2. Distribute name badges, if used.</li> <li>3. Distribute books to newcomers.</li> <li>4. Divide into 2 small support groups (if needed). 10-15 per group is ideal size.</li> <li>5. <b>Support group topic</b> – “How many cigarettes do you smoke a day? What NRT do you think you need?”</li> <li>6. Show Videotape/DVD-Week 1.</li> <li>7. Review: “Points to Emphasize.”</li> <li>8. Distribute Handouts.</li> <li>9. Collect name badges, if used.</li> </ol>	<ul style="list-style-type: none"> <li>• Choosing the appropriate NRT product</li> <li>• Comparing nicotine levels between cigarettes and NRT</li> <li>• Patch, Gum and Lozenge advantages/dis advantages</li> </ul>	<ol style="list-style-type: none"> <li>1. Remind to use information from NRT insert</li> <li>2. Review “Your 12-week plan for decreasing nicotine.” Handout AND refer to pages 15-24 in <u>The Cooper Clayton Method to Stop Smoking</u> book.</li> <li>3. Zyban (Wellbutrin) requires a prescription.</li> <li>4. STOP Cigarettes – Dangerous to combine NRT <u>and</u> smoke.</li> <li>5. <u>Patches</u>-Generally recommend wearing 24 hrs/day-if &gt; 10 cigarettes/day. Use 21 mg. patch (for 6 weeks) 14mg. (for 2 weeks) 7 mg. (for 2 weeks)-change patch each a.m.</li> <li>6. <u>Gum or Lozenge</u> -if &gt; 10 cigarettes/day use 4 mg. – 12 pcs./day &amp; decrease by 1 pc. each wk. -Rinse mouth; don’t eat or drink while using product -Park 1 pc. between cheek &amp; gum – roll/bite when does not tingle any longer or completely dissolves.</li> <li>7. If people ask about other tobacco equivalents: 1.2oz. tin= 30 cigarettes/day* *Nicotine Replacement therapy w/snuff users only with physician, dentist, nurse practitioner or physician’s assistant orders.</li> <li>8. Remember: <b>“Do what Dr. Cooper and Dr. Clayton say and you will succeed!”</b></li> </ol>	<ul style="list-style-type: none"> <li>• Attendance sheet</li> <li>• Books and Registration forms (for newcomers)</li> <li>• Name badges</li> <li>• VCR/TV or DVD/ TV <u>and</u> Videotape or DVD 16:22</li> <li>• <i>Your 12-week plan for decreasing nicotine</i></li> <li>• <i>Name Brand vs. Generic Trough Levels</i></li> <li>• <i>NRT Products Available</i></li> <li>• <i>Money Saved Comparison of NRT and Cigarette Prices</i></li> <li>• <i>Within 20 minutes – CDC</i></li> </ul>