

Week	Session Outline – Week 7	Video Topic	Points to Emphasize	Handouts/Supplies
Seven	<ol style="list-style-type: none"> 1. Check attendance on roster and/or registration sheets. 2. Distribute name tags. 3. Review “Points to Emphasize.” 4. Show videotape or DVD – Week 7. 5. Collect name badges. 	<ul style="list-style-type: none"> • Positive Reinforcement 	<ol style="list-style-type: none"> 1. Some people smoke because of: <ul style="list-style-type: none"> • social needs • psychological needs • physical needs • habit 2. People do not continue to practice non rewarding behaviors. 3. “A Journey is a series of short trips.” 4. “Biggest fear we have is fear of the unknown.” 5. Your brain is still dependent on nicotine. Giving up cigarettes is a major accomplishment. 6. Support Group is absolutely essential to successfully quit. 7. Patients who succeed... <ul style="list-style-type: none"> • Receive adequate starting dose of alternate nicotine to minimize withdrawal. • Learn to trust alternate nicotine source. • Have realistic expectations about alternate source of nicotine. • Use alternate nicotine source long enough to allow behavior change to occur. • Attend weekly support meetings. 8. Recommendations: <ul style="list-style-type: none"> • Visit dentist • Have woolen clothes cleaned • Clean drapes, sofa, carpet • Wash inside of car & use a new car air freshener/potpourri 9. This week Begin Nicotine Reduction <ul style="list-style-type: none"> • if on 21 mg. patch step down to 14 mg. CQ patch • if on 4 mg. gum or lozenge, use no more than 6 pieces • per day 10. Don't Get Impatient and Remember – “Do what Dr. Cooper and Dr. Clayton say and you WILL succeed.” 	<ul style="list-style-type: none"> • Attendance sheet • Name badges • VCR/TV or DVD/TV • Videotape or DVD 13:28 • <i>Life After Cigarettes</i> • <i>Short and Long Term Health Benefits</i>