

Tobacco Abuse

Admission:

NRS
DATE INITIAL

4. Stroke
5. A constant oxygen deficiency in b

4. Stroke
 5. A constant oxygen deficiency in body
 6. Chronic bronchitis
 7. Gum disease
 8. Stomach ulcers
- E. Women who smoke increase the risk of
- Earlier menopause
 - Stillborn or premature infants
 - Having low birth weight infants
- F. Nutritional problems. Smokers use vitamin C twice as fast as nonsmokers. Vitamin C is one of the useful antioxidants.

III. The client/caregiver can list signs and symptoms of withdrawal.

- A. Anxiety
- B. Nervousness and possibly anger
- C. A loss of concentration
- D. Headaches
- E. An intense craving for nicotine
- F. A rise in blood pressure
- G. Stomach pain

- A. Counseling or behavioral training. Do not exchange one addiction for another, such as eating.
- B. Nicotine-replacement products
 - Gum
 - Inhaler
 - Patch
- C. Nonnicotine medications as prescribed by physician
- D. Realistic goals because repeated attempts to stop smoking may be needed.
- E. Many community programs that assist in smoking cessation. They offer group and personal support.
- F. Keep busy. Find new things to do. Avoid situations or activities that can tempt you to smoke.
- G. The Centers for Disease Control and Prevention has an online program (www.smokefree.gov) to help. It has a

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five-step plan to use when you decide to quit smoking.

- S = Set a quit date.
- T = Tell family, friends, and co-workers that you plan to quit.
- A = Anticipate and plan for the challenges you will face while quitting.
- R = Remove cigarettes and other tobacco products from your home, car, and work.
- T = Talk to your doctor about getting help to quit.

H. Explore complementary treatments such as

- Acupuncture or acupressure
- Hypnosis, meditation, or guided imagery
- Aromatherapy

V. **The client/caregiver can list methods to avoid weight gain.**

- A. Eat low-calorie foods, including plenty of fresh fruits and vegetables.
- B. Increase exercise. Take a walk. Seek activities that interest you, such as gardening.

RESOURCES

Health care professionals

American Cancer Society
www.cancer.org

American Lung Association
www.lungusa.org

American Heart Association
www.americanheart.org

Government Internet sites
www.surgeongeneral.gov/tobacco
www.cdc.gov/tobacco/how2quit.htm
www.smokefree.gov/
www.nlm.nih.gov/medlineplus/smokingcessation

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