

## Program Outline

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# You Can Quit Smoking!



**Office of Community Outreach  
Fox Chase Cancer Center**



**LEHB Northeast**

**2848 St. Vincent St.**

**Wednesdays May 2, 9, 16 & 23**

**2:00pm – 4:00pm**

## Outline

Our sessions create a supportive environment and provide you with the help that you need, for as long as you need, to quit smoking.

### **The goals of this program are:**

1. Approach quitting as a step-by-step process, not one big event.
2. Learn how to anticipate cues and triggers that lead to smoking and relapse.
3. Develop problem solving and coping skills to deal with difficult situation.
4. Clarify myths and facts about nicotine replacement therapy.

### **Session #1 The Push & Pull: Nicotine Addiction & Personal Routines**

This session focuses on the physiological, social, and behavioral aspects of nicotine addiction. The main focus of this session is to help participants understand how nicotine works in the brain. Participants will complete a self-assessment to identify their smoking routines, history, and motivation to quit smoking.

### **Session #2 Nicotine Replacement Therapy**

During this session, participants will address their anxieties about quitting smoking and set a Quit Day. Participants will learn the current types of Nicotine Replacement Therapy (NRT) and will meet with a Fox Chase Nurse Practitioner to discuss which NRT option is appropriate to their lifestyle and needs. A discussion of how to obtain free NRT from the PA Quit Line will be addressed. Also, the session will feature a section on the myths and preconceptions of e-cigarettes, vaping, and hookah being used as a quit smoking method. Additional services will include an introduction to Fox Chase's new lung cancer screening service.

### **Session #3 I'm Free**

This session gives participants time to talk about their experience during the quit process and will focus on helping participants identify obstacles to quitting and how to deal with the challenges. Instructors will discuss lapse and relapse prevention, and various ways a participant can use coping strategies to effectively deal with stress and possible weight gain.

### **Session #4: Taking Care of Business**

This session will focus on support resources and services to maintain being tobacco free. Participants can discuss their future plans in regards to smoking cessation in a class networking format. Participants are asked to complete a post-test to assess changes in smoking behavior, knowledge about nicotine and replacement therapy, and attitudes toward quitting.

### **Follow-up post course**

Telephone call follow-up at 2 weeks, 1 month, and 3 months post course

Each call will ask similar questions regarding if participants are still not smoking and any problems they are having. If participants are smoking again or have a need for more one-on-one assistance, we'll refer them to the hospital's smoking program.