

USING CPST KEY WORDS

The following sheet provides examples on possible ways of using CPST key words for documenting tobacco cessation services.

Accessing

TTS provided access to the community to allow ___ to collect smoking cessation medication.

TTS provided community access to ___ so they could attend their appointment with their PCP to request a prescription for NRTs.

Advocated

TTS contacted ___ med manager to advocate for NRT use and possibly get a prescription.

TTS advocated with ___ PCP during their appointment to discuss possibility of prescribing Chantix

Assessed

TTS assessed physical addiction using Fagerstrom assessment.

TTS assessed cigarette use in the last seven days.

Communicated

TTS communicated to ___ after requesting permission to give advice about the importance of changing morning routines to address cravings.

TTS communicated to ___ how smoking cessation can be implemented into their WRAP plan.

Developed

TTS and ___ developed a plan to review content that focuses on how to create goals in their next meeting.

___ and TTS collaborated to start the development of their cessation plan.

Educated

TTS educated ___ about how tobacco cessation medication is covered by their Medicaid.

TTS educated ___ after requesting permission to give advice on how to use the nicotine gum.

Empowered

TTS empowered ___ by allowing him/her to identify how they can address cravings after meals.

TTS empowered ___ by helping him/her identify how they are already using coping skills to reduce their smoking.

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Engaged

___ and TTS engaged in a conversation on ways he/she can alter their daily routine to help address cravings after waking up.

___ and TTS engaged in a conversation about how nicotine addiction is developed.

Goal Setting

TTS encouraged ___ to set a goal that is achievable by their next visit.

TTS and ___ set a goal for the next meeting to review content on how physical addiction to nicotine can affect their mental health.

Identified

TTS engaged ___ to identify any slips or relapses in the last month.

TTS identified ___ current barriers to continue cessation.

Implemented

TTS identified how ___ implemented coping skills listed in their cessation plan for the last seven days.

TTS implemented ___ requests to discuss how to develop coping skills specific to tobacco cessation.

Intervened

TTS intervened when ___ verbalized inability to quit and empowered them by focusing the conversation on their current successes.

TTS intervened by using open ended questions to help resolve ___ ambivalence about wanting to quit in the next month.

Listed

TTS and ___ listed current coping skills that are working well at distracting him/her when craving nicotine.

TTS encouraged ___ to list possible social supports that he/she can depend on in the first month after quitting.

Managed

TTS and ___ collaborated to identify ways he/she can manage stress after quitting chewing tobacco.

___ was encouraged by TTS to identify activities that can be performed to manage cravings.

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Modeled

TTS modeled to ___ how to use nicotine gum.

TTS modeled possible methods ___ can implement to decline cigarettes when they are offered by friends.

Motivated

TTS motivated ___ to stay focused on cessation after relapse by focusing on their current successes.

TTS motivated ___ to identify positive affirmations he/she can use while driving to avoid smoking on their way back from work.

Planning

TTS and ___ planned to follow up the day after their quit date to assess progress.

TTS and ___ planned to review how to implement positive affirmations during their quit attempt.

Prioritized

TTS met with ___ to prioritize review of coping skills prior to their quit date.

TTS and ___ engaged in a discussion on content to prioritize in their next appointment.

Problem Solved

TTS and ___ collaborated to problem solve how he can avoid smoking while in the community.

___ and TTS problem solved how he/she can delay smoking using coping skills.

Reflecting

___ and TTS reflected on identified coping skills written on ___ cessation plan and assessed if changes need to be made.

___ and TTS reflected on previous discussion on the important of using cessation medication during a quit attempt.

Supporting

TTS supported ___ identified cessation plan and commended him/her for creating their cessation plan independently.

TTS supported and congratulated ___ for remaining tobacco free.

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