

NHS Tayside Community Pharmacy Client Supply Form



Client Details

Name: _____ Date of birth: _____
 Address: _____ Quit Date: _____
 Postcode: _____
 Tel No: _____

CHI Number

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Please complete **FULLY** for the client on a weekly basis

Week of cessation attempt	Date	Client seen by Pharmacist (P) Assistant (A)	Smoking Status. Stopped completely (SC) 5 = smoking five daily even a puff etc	CO Reading (PPM) per week	Advice tips	NRT Supplied - Quantity, product and strength
Example Week 0	01/01/05	Information session only	How many cigarettes normally smoked per day?	2	Congratulations! You've taken the first step - write down reasons you want to stop smoking and keep a diary to see how much you need each cigarette	7 x Nicorette patch 15mg
Week 1					Set a date to stop - and stick to it! Pick a day that will be relatively stress free	
Week 2					Concentrate on getting through 'one day at a time' without a cigarette, this way it doesn't seem quite such a challenge	
Week 3					When you're tempted to smoke, remember, cravings only last a few minutes find a distraction that can hold your attention until the craving passes	
Week 4					If you were a 20 a day smoker, you have now saved up to £200 treat yourself to something personal and special as a reward	
Week 5					Get help - let friends and family know you're quitting and tell them what they can do to help	
Week 6					Learn to relax deep breathing exercises can help you through the stressful times	
Week 7					Break the links that create the habit to start with avoid situations which might tempt you to smoke	
Week 8					You should notice that you have a better sense of taste and smell by now and have a bit of extra energy	
Week 9					Beware! improved taste and smell can lead to weight gain a few extra walks in the park should help reduce this and also relieve stress	
Week 10					You'll have saved about £500 now how about booking yourself a holiday? (keep this up you'll have saved over £2000 by the end of 1 year)	
Week 11					Small word of warning to the wise - once you've stopped, stay stopped - 'just one cigarette' will often lead to another	
Week 12					Congratulations! You have been smoke free for 3 months now	

Comments: