

Section: Division of Nursing

* **PROCEDURE** *

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HACKETTSTOWN COMMUNITY HOSPITAL

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HEALTHSTART
(Scope)

TITLE: SMOKING CESSATION

PURPOSE:

1. To inform the pregnant woman of the negative effects of smoking to herself and her fetus.
2. To encourage, support, and document the client's efforts to become smoke-free.

SUPPORTIVE DATA: Maternal smoking during pregnancy exerts a direct growth retarding effect on the fetus. The risk of spontaneous abortion, fetal death, neonatal death, abruptio placentae, placenta previa, bleeding, premature and prolonged ROM, preterm birth and SIDS is increased in women who smoke during pregnancy.

SUPPLIES:

1. Low birth weight brochure
2. "Because You Love Your Baby" smoking packet; or
3. "Freedom From Smoking For You and Your Baby" self help packet and tape

CONTENT:

1. Identify smoking behavior during intake interview including:
 - a. Number of cigarettes smoked per day prior to pregnancy.
 - b. Number of cigarettes smoked per day since knowledge of pregnancy.
 - c. Number of years client has smoked.
2. Note smoking history on POPRAS form.
3. Discuss how cigarette smoking can complicate pregnancy.
4. Identify the pregnant woman's desire or lack of desire to quit smoking and document in the POPRAS narrative note.
5. Complete the following steps based on the clients plan to quit or not to quit.
 - a. If a woman wants to quit and verbalizes her plan to quit:
 1. Distribute "Freedom From Smoking for You and Your Baby" self-help quit kit along with relaxation/exercise tape.
 2. Document on POPRAS form that the kit was given.
 3. Assess smoking habit and progress at each prenatal appointment and documentation POPRAS narrative.
 - b. For those women not planning to quit:
 1. Distribute "Because I Love My Baby, I Quit Smoking" envelope.
 2. Assess smoking during each trimester review and encourage the client to quit or decrease the amount smoked.
6. If the client wants to enroll in a smoking cessation program other than the self-help program provided by the HealthStart Clinic, refer to HCH Center for Healthier Living at (908) 850-6935.

RESOURCE:

1. The Surgeon General's Report, Excerpts from "The Health Consequences of Smoking For Women," 1980, pp. 238-239.
2. "Questions and Answers About Smoking and Pregnancy," The American Lung Association, 1986.