MANAGING YOUR DERMATOLOGY PRACTICE

Dismissing Patients Properly

The Rest of Your Life

Former Smokers Share Their Cessation Strategies

Many of the people I have worked with have a history of smoking. It is important to approach these situations with sensitivity and compassion. Here are some tips for managing the process:

1. **Establish the Facts**: Before taking any action, it is crucial to understand the patient's smoking history, current smoking status, and any attempts made to quit. This information will help you determine the best course of action.

2. **Communicate Effectively**: When discussing smoking cessation with a patient, use clear, concise language. Avoid jargon and be sure to address any concerns or questions the patient may have.

3. **Provide Support**: Encourage the patient to seek support from friends, family, or smoking cessation programs. This can increase their chances of success.

4. **Set Realistic Goals**: Work with the patient to set achievable goals. For example, if the patient has tried to quit smoking before, set a goal to cut down on the number of cigarettes smoked per day.

5. **Offer Resources**: Provide information about local smoking cessation programs and resources. This could include literature, websites, or contact information for local support groups.

6. **Follow Up**: Regularly check in with the patient to discuss progress and offer support. This can help maintain motivation and commitment to quitting.

7. **Be Patient and Understanding**: Cessation is a long-term process, and it is important to remember that setbacks are common. Be patient and understanding with the patient as they work towards quitting.

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