| Case Name | Mark Board |
| --- | --- |
| **Demographics** | 45-year-old, White, Non-Hispanic, male |
| **Presenting Situation** | Annual visit. Reports smoking 1-pack cigarettes per day for the last 10 years. |
| **Reason for Visit** | Annual well-visit. Thinking about quitting smoking. |
| **Medications** | No regular medications  |
| **Past Medical History** | * Smoker (has unsuccessfully tried to quit in the past)
* BMI >85% percentile
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| **Review Family Setting** | Parent of 3 children; ages 15, 17, and 19. You and spouse live in a small, single-family home located in an older residential neighborhood. Spouse also smokes. You are part of an extended close knit family. Your mother lives next door and your sister and brother and their families live in the area. Your family is an important source of support for you. Mom is also a s smoker. |
| **Review Employment**  | Career of sales, currently in new cars. |
| **Review Barriers to quitting** | **Lack of cessation support** – As other family members also smoke.**Concerned about weight gain if quits** – Likes the appetite suppression with smoking.**Worry and anxiety management –** Currently smokes to reduce symptoms of stress. No other coping mechanisms. |
| **Review Motivators** | **Cost –** would save money**Being a good role model** – doesn’t want kids to smoke and knows he smokes in part because everyone he saw growing up, smoked. |
| **Baseline Survey** | Importance 6Confidence 4Readiness 4of quitting smoking this week |
| **Scripted Responses for Encounter** | **Values for You*** Respected at home
* Good Parent
* Independent

**Tips for playing patient:** * You are defensive if it’s suggested that you could have done things differently or if offered unsolicited advice.
* Visually appear to relax/soften if the learner addresses you with reflective statements and rolls with your resistance.
* If the learner affirms you for trying, is empathetic regarding the difficulties you faced, you should admit that you do have some concerns. If the learner does not push you before you are ready, you could say you’re thinking about quitting.
* It is appropriate to remain resistant when the learner asks a lot of questions, tries to convince you that you need to do something about your risk factors, gives you unsolicited advice, or tries to get you to do more than you are willing to do.
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