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Behavior Change Strategies to Encourage a Client Quit Smoking Tobacco

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Behavior Change Strategies to Encourage a Client Quit Smoking Tobacco

Occasionally, healthcare workers encounter individuals with unhealthy lifestyles. Thus, encouraging such clients to adopt a healthy lifestyle is a primary concern to any effective clinician. Most unhealthy lifestyles significantly contribute to the death of such individuals. For instance, smoking, low diet, insomnia, and physical inactivity are the most common unhealthy lifestyles that physicians need. Therefore, I would employ behavioral change technique taxonomy (BCTT) and very brief advice on smoking (VBA). Hence, with these two models, I believe my client will get the best improvement.

Smoking tobacco is among the leading cause of premature deaths globally. As an upcoming clinical officer, I am more concerned with formulating preventive measures to curb the incidents. My client has been smoking tobacco for some time, and his health is at risk. Being aware of smoking's consequences, I am bound to help him change his smoking tobacco attitude. Behavioral change technique taxonomy, among other models, will be the most effective in changing his lifestyle (Allender et al., 2017). Though the model is quite complex, I believe it is among the effective methods for initiating change in a client. First, I would employ the technique to learn my client's character and smoking tobacco history. Additionally, the model will work through detailed discussion with the client, encouragements, and the relevant activities to ensure easy smoking cessation.

I consider tobacco smoking a disorder; thus, the model will adequately assist in altering the client's attitude towards the drug. In this case, behavioral change taxonomy will offer better plans, responses, impulses, and motives as I define the most effective way to assist my client quit smoking. Behavioral change taxonomy is more concerned with motivating the client to change their attitudes towards their unhealthy lifestyles. Moreover, constant reminders to the client to be

self-efficient and inspire non-smokers will create a chance to quit smoking. The model is often full of motivational techniques; thus, if adequately applied while helping a client quite unhealthy lifestyle, chances of improving are very high. The method encourages social support; therefore, I will gladly coordinate with friends and family members after offering educational help to my client. The family members will play a role in monitoring possible improvements in the patient.

Very Brief Advice (VBA) is another useful model that will help my client cease smoking tobacco (Allender et al., 2017). However, the technique will be helpful if the client is ready and willing to change. First, I will broadly discuss with the client the importance of changing his attitude towards tobacco, the negative consequences, and the support I will offer in case of change as I expect. After the client understands the significance of quitting smoking, I will assist in pharmacotherapy or refer him to nearby behavioral support. Unlike another approach, very brief advice is the most effective as the physician will interact with the patient within the shortest time possible. Upon acknowledging their efforts to stop smoking, immediate assistance is offered which offer positive result. Therefore, very brief advice is the most effective way to assist the addicts in quitting smoking by providing behavioral support and pharmacotherapy.

While offering advice for the client to quit smoking tobacco, I will always remind him why to stop smoking, how long he can stay without smoking, and recall all the reasons we discussed to quit smoking. I will also assist him in forgetting about the past lifestyle as soon as possible to improve his health. Consequently, encouraging the client to push on despite the challenges of quitting will be equally important. Therefore, I believe the client's lifestyle will change, and health improved with applying two models.

Objectives;

- Duration, the client, can stay without smoking and coping with it.

- Recalling all the reasons we discussed to quit smoking.
- Ways to forget the past lifestyle as soon as possible to improve his health.
- Staying focused through the entire quitting smoking journey.
- Applying the two models on a personal level to live a drug-free life.

Reference

Allender, J., Rector, C., Rector, C., & Warner, K. (2017). *Community & public health nursing: Promoting the public's health*. Lippincott Williams & Wilkins.

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