

**MITI Coding: Transcript 4**

T: Hi Tim, why don't you tell me what brings you in today?

C: Well my uh my doctor, I just went in and got this checkup and I'm starting to have some really bad problems breathing and starting to cough a lot and stuff ya know. And my doctor said I'm well on my way to a case of emphysema so I guess it's time I quit smoking.

T: Ok so you're in here to talk about what you might do to get yourself quit.

C: Well yeah I guess.

T: Well tell me about how much you smoke.

C: I smoke about 2 packs a day.

T: Two packs a day. And what are some of the things you get out of smoking? That you enjoy about it.

C: Oh god, I enjoy everything about it. Yeah it calms me down, relaxes me, makes me feel like everything is gonna be alright. Gives me something to do with my hands, gives me something to do to take a break, umm. Yeah it's great you know. It goes so well with coffee, with beer, with food, without food. You know it's just great.

T: So you get a lot out of smoking.

C: Oh god I don't know how I'm going to give this up.

T: What are some of the benefits of quitting?

C: You know I've seen these people carrying around those oxygen tanks and barely can move and weaving and can't catch their breath and after just walking across the room. You know I just really don't want to be there. But good lord man, I just really like smoking.

T: So have you thought anything about how you might go about quitting?

C: Not really, I'm just really am kind of lost here. I don't know what I'm going to do. Yeah, it's hard for me to even imagine myself not smoking.

T: So you haven't got a clue as to what it would be like.

C: Well I have a clue what it would be like. I've tried to quit a couple of times and those lasted all of a couple of hours.

T: You tried to quit a couple of times, you lasted a couple of hours.

C: Yeah.

T: Ok. And did you use any strategies to help you quit last time?

C: Well the first time I just kind of went cold turkey. The next time you know I was gonna like chew gum, yeah it ain't the same. So I get these like 10 packs of chewing gum And in two hours I'd gone through about four of them. My jaw was totally achy and all I wanted was a cigarette.

T: Wow Tim, sounds like you really had a hard time.

C: Yeah a little bit.

T: Let me ask you a question, have you thought about using the patch?

C: Yeah I thought about it but, aren't you just still on the nicotine? Like when I go off the patch aren't I still going to be wanting to smoke again?

T: Let me tell you a little bit more about the patch. What happens is you start out with the dose that's equal to the nicotine that you're consuming in your smoking, and then they wean you off of the nicotine so it's a little bit more gradual, sort of like.

C: Oh is that right?

T: Yeah.

C: Oh, I didn't realize that.

T: Yeah you gradually come off the nicotine. That's how the patch works.

C: Well that might be an option.

T: Ok so it's something you might want to talk to your doctor about.

C: Yeah um, still what am I going to do with my hands? What am I going to do for a break? I mean uh you know I take 5, 6, 8 smoke breaks a day. What am I going to do then?

T: So that's your big concern.

C: Well it's one yeah.

T: What do you think you can do?

C: Maybe take a walk around the building, uh I don't know. You know I'm also really concerned about putting on weight if I quit smoking. You know I've had a lot of friends quit, and you know they just start hitting the potato chips.

T: Well you know, studies do show that most people who quit, do gain about an average of 10 pounds when they quit. I can see your concern about that.

C: Oh that's not bad.

T: Yeah and the thing is that most people gain it and then after they quit the, after they're over smoking they can lose the weight pretty quickly.

C: Ten pounds, you wouldn't even notice that on me.

T: Ok, so we've talked about weight a little bit and that's one thing. What else, what do you think you can do while you're quitting to avoid that weight gain?

C: Well I don't know uh, you know I eat fairly healthy. I eat fast food maybe once or twice a week, that's about it. Um, other than that it's just like sandwiches, salads. Yeah, I'm not a terrible eater. Yeah, my concern though is if I'm not puffing on a cigarette you know 20, 30, I guess 2 packs 40 times a day, I'm going to be reaching into a potato chip bag that many times.

T: So it's snacking instead of smoking.

C: Yeah, yeah, it's uh I'm worried that I'm going to do that.

T: Ok. Well we can talk about that. Let me give you some information about what other people have done if you don't mind.

C: Oh yeah, sure, that's fine.

T: Ok. Some people have used carrot sticks, as a snack, because they're not really, carrot and celery sticks, they don't have a lot of calories; they're shaped like a cigarette.

C: You've gotta be kidding me.

T: You don't like vegetables that much.

C: It's not that I, I don't dislike vegetables, but it's just celery and carrot sticks.

T: Well what do you think? Something else might work for you.

C: Well I can't think of anything that's not fattening.

T: So that's going to be a hard thing for you to do.

C: Yeah, yeah. I gotta figure something out there. Maybe I'll wind up eating celery.

T: It sounds like you're pretty committed. You're actually considering eating celery, and doing what it takes, taking walks, getting the patch. This is pretty important to you.

C: Well what am I going to do? I mean you know, like I say I don't want to be one of these guys who can't walk across the room because he loses his breath. And then you know we haven't even talked about the lung cancer aspect. I'm just worried that in a couple of years there's going to be a dark spot on an x-ray and all of a sudden boom, I'm outta here you know.

T: Yeah, yeah. That's a lot to be concerned about. It seems like it would be kind of silly for you not to quit smoking.

C: Yeah it really is. I should have quit a long time ago but, god I just love it so much.

T: Well, we can go from there. We talked about the patch and what you might do to keep yourself busy, and eating different things to not gain weight.

C: isn't there some pill you can take where you just don't even care?

T: Well I don't know if it's you don't even care, but you can take Welbutrin. And they've found that it helps people with the cravings. Nicotine sort of acts sometimes to help people feel better, it adjusts their mood. So the Welbutrin kind of levels people out a little bit. It can make it will be easier to quit sometimes. But not for everybody.

C: Oh I see.

T: But I don't know, do you really need to have a pill to quit smoking?

C: I don't know, you tell me. I've tried twice and I've gone for two hours each time.

T: Well but you know I think with your level of commitment it seems like its really valuable to you to quit that this may be the time when it works.

C: Yeah, maybe.

T: You seem like you've got um, you've got the desire.

C: Well I've definitely, well I don't know. I've got both desires, see that's the problem. I want to quit, but I also want to smoke.

T: Yup. You're caught in that trap huh.

C: Yeah.

T: OK.

C: What I want is for doctors to invent a lung transplant so that I don't have to worry about it.

T: Well I don't think that's going to happen anytime soon. That might not be the best plan.

C: Yeah, yeah I don't think so either. That's definitely not a plan. It's a dream.

T: Well medical science might not catch up for awhile. So let's talk about maybe getting you a patch to start out with. What do you think about that?

C: I'm willing to give it a shot.

T: well let's get you to talk to the pharmacist and after that you come back next week. We'll see how the patch is working and we'll work on some other plans from there.

C: Alright thank you.

T: Thanks for coming in Jim.