

## Smoking – Client Plans

### Step 1 - Negotiate changes or tasks

Before you start, try and find out what other goals health professionals have asked your client to try. You may just want to reinforce those goals.

You should only have one plan for each session.

Depending upon the client, choose up to a maximum of **4 changes** or up to a maximum of either **4 tasks** or **6 items of knowledge**, you want the client to consider.

#### For changes only

Write these down in legible writing on the **Client Plan – Changes**

Ask the client to rate them:

<b>Y</b>	<b>Yes, I really want to make the change</b>
<b>?</b>	<b>I would be a good idea but ...</b>
<b>N</b>	<b>No, not now</b>

### Step 2 - Set goals or tasks

Depending on the ratings given by the client select either:

- **1 or 2 changes** as achievable goals
- up to **4 tasks**
- up to **6 items of knowledge**

Write what has been chosen on the **Client's Plan – Goals, tasks or knowledge**

Ask the client if they will try? Then set a review time.

### Step 3 - Review goals or tasks

During the review, rate the achievement of each goal with the client. (Make sure you are positive about the outcomes, do not be negative.)

<b>Y</b>	<b>Yes, I have reached my goal, done my tasks or remembered.</b>
<b>?</b>	<b>I would have but ...</b>
<b>N</b>	<b>No, I couldn't</b>

### Step 4 - Record the outcomes

The outcomes of the education should be record in the client's medical records.

Name:	Date:
<b>Client's Plan – Change suggestions</b>	Prepared to do

Name:	Date:
<b>Client's Plan – Goals, tasks or knowledge</b>	<b>Achievement</b>

## Foot damage

### Examples of **tasks** the client may find appropriate

#### What to do

Avoid amputations by:

- looking after your feet
- getting help if a sore doesn't heal after 2 days,
- never letting a sore get really bad.
- controlling your blood sugar.
- stopping smoking.

Toe nails

- Stop cutting my own toe nails.

### Examples of **goals** the client may find appropriate

Giving up

- Smoking.

Controlling

- My blood sugar by:
  - Being active
  - Eating right
  - Taking my medication

## Protecting your feet

### Examples of tasks the client may find appropriate

#### What to get

Socks which are:

- cotton or wool or a mixture of both
- loose at the top but not loose

Shoes should have:

- a smooth inside
- a firm heel
- a wide low
- a rubber sole
- Velcro fastening

If you buy enclosed shoes they must have space for the toes.  
Don't buy for fashion buy to protect your feet.

Before buying an insert talk to your podiatrist or nurse.

#### What to do

When buying new shoes:

- Plan for your next pair of shoes so you already have them before you really need them.
- Get your podiatrist or nurse to check your new shoes before you wear them outside.
- Make sure you can return them if the podiatrist or nurse says they are not right.

### Examples of goals the client may find appropriate

Always:

- Wear shoes & socks to protect your feet
- If you **can't** wear outside shoes inside your house, have a pair of inside shoes which will protect your feet.

## **Smoking**

### **Examples of tasks the client may find appropriate**

#### **What to get**

If you are going to use medication you may need:

- Nicotine patches.

#### **What to do**

Try and give up smoking & have a smoke free house.

Get help from:

- Your doctor.
- Drug and alcohol councillor.

### **Examples of goals the client may find appropriate**

- Make a plan to give up smoking.

Give up smoking.

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