

CLINICIAN: So Diane, tell me a little bit about what brought you here today.

DIANE: Well, the doctor... doctor said it would be good.

CLINICIAN: So your doctor thought this might help you in some way.

DIANE: Sighs

DIANE: Yeah.

CLINICIAN: And what do you think about being here and your doctor's suggestion?

DIANE: Well, I have COPD, right? So that's good to be here. That's a good reason. And you know, I mean, I volunteer with kids.

CLINICIAN: So for you, your health is a concern. And the volunteer work that you do somehow gets impacted by your smoking.

DIANE: Kids, you know, smell it. You know?

CLINICIAN: They kind of step back from you or move away in some way. And that doesn't, it looks like that doesn't look good.

DIANE: No.

CLINICIAN: So smoking's having an impact on your life in ways that you're not happy with right now.

DIANE: Yeah. Yeah.

CLINICIAN: I'm wondering, Diane, would it be okay if I asked you to give me a bit of a picture about your smoking?

DIANE: Picture?

CLINICIAN: Yeah. So, I'm wondering if you could tell me a little bit about, you know, how smoking fits into your life as you go through your average day.

DIANE: I don't know. I get up. Have a cigarette. Brush my teeth. Smoke a cigarette. I don't know, I guess, whatever I do. With a cigarette.

CLINICIAN: Okay. So, cigarettes are kind of sprinkled throughout your day. It sounds like maybe just after you put your feet on the floor, you have your first smoke.

DIANE: Yeah.

CLINICIAN: And if I were to ask you, how much do you smoke over the course of a day, how much would that be?

DIANE: Sighs

DIANE: Oh, 36 cigarettes.

CLINICIAN: So, you're smoking about a pack and a half. Maybe sometimes more, maybe sometimes less.

DIANE: Yeah.

CLINICIAN: And tell me a little bit, you said your doctor told you recently you have COPD.

DIANE: I have COPD, yeah.

CLINICIAN: What was that like? To find out about?

DIANE: Well, I guess a little scary.

CLINICIAN: It's got you worried maybe about your future.

DIANE: Yeah.

CLINICIAN: And you trust your doctor enough to come in.

DIANE: Coughs

CLINICIAN: You trust your doctor enough to come in and to talk to somebody about where you're at with your smoking.

DIANE: Rolls eyes

CLINICIAN: To come in and talk to me for example.

DIANE: Doctor made the appointment, yeah I booked it.

CLINICIAN: So the doctor made the appointment and at the same time you decided to follow through and come in and check it out here.

DIANE: Nods then coughs

CLINICIAN: So I'm guessing that part of what happens with your COPD and volunteering with kids is that it gets hard to sometimes run around and play with them.

DIANE: Nods

DIANE: Yeah. Yep.

CLINICIAN: So, I'm wondering if there may have been times in the past when smoking wasn't a part of your life?

DIANE: Well it's always been someone smoking around me. Even before I started smoking.

CLINICIAN: So maybe family, maybe friends. You kind of grew up seeing people smoking. And for you... when did you start smoking?

DIANE: I was 13.

CLINICIAN: Hmm. It's been about 23 years.

DIANE: Nods

CLINICIAN: And it's been steady over your life

DIANE: Pretty much. I mean, there's been a couple of weeks when... couldn't get a cigarette.

CLINICIAN: Tell me more about that, those couple weeks.

DIANE: I was in the hospital. Couldn't... wouldn't let me have a cigarette.

DIANE: Shifts in chair. Coughs

CLINICIAN: So you were maybe so ill you couldn't go outside.

DIANE: Yeah.

CLINICIAN: What was that like for you? In terms of not smoking? How was it?

DIANE: It was hard.

CLINICIAN: It was almost torture.

DIANE: Headaches. It was like, so irritable. It was hard.

CLINICIAN: So you really had some withdrawal.

DIANE: Yeah.

CLINICIAN: And at the same time, from the sounds of things, you got through it.

DIANE: I guess.

CLINICIAN: Tell me a bit more about how you got through that.

DIANE: Well they gave me the gum. I put patches... change... it was annoying though. It was annoying that... I don't know.

CLINICIAN: So, from the sounds of things, you had some nicotine replacement therapy. You weren't really comfortable. The patches had to be changed. I'm guessing people were asking you about your smoking. You didn't have the breaks, in terms of getting outside. And at the same time, you got through two whole weeks like that.

CLINICIAN: So, you were determined to stay to get the treatment you needed at the time.

DIANE: I guess when you do that, you don't have a choice. To stay...

CLINICIAN: Tell me what you were hospitalized for at that time, Diane.

DIANE: Things were just really, really bad. And it just... couldn't take it anymore. So I tried to, tried to end it I guess.

CLINICIAN: So, you were feeling really, really low. And maybe really desperate. And it sounds like you hurt yourself in some way.

DIANE: Yeah.

CLINICIAN: And it looks like things are a bit different today.

DIANE: I'm trying.

CLINICIAN: So, you're maybe still struggling with your mood and you're not in a place when you need to be in a hospital.

DIANE: They got me on some medication. It helps.

CLINICIAN: Good. So medication has been supporting your mood a bit. What medication are you taking?

DIANE: Clozapine.

CLINICIAN: So, Clozapine is one thing that maybe helps you a bit now.

Diane: Yeah.

CLINICIAN: So, Diane, what other medication are you taking right now?

DIANE: Clozapine. That's to help with my mood. And then for the COPD, prednisone. And also albuterol.

CLINICIAN: So, Clozapine is something that you've been taking for a while and it gives you some support around your mood.

DIANE: Yeah.

CLINICIAN: So, you're not in that dark place you were while you were in the hospital.

CLINICIAN: I'm wondering, what else is helping with your mood?

DIANE: The group sessions. Yeah, they really help.

CLINICIAN: So, you've maybe had some group therapy where you've been able to talk to other people or you've had some activity sessions that help with your mood.

DIANE: I like crafts. The activities. They're good.

CLINICIAN: Okay. So doing something with other people really helps your mood.

DIANE: Yeah.

CLINICIAN: And the medications for your COPD, how long ago did you start that?

DIANE: It's been a couple years.

CLINICIAN: Okay. So, all these medications are something you're taking regularly and that at some point you made a decision to start and to continue with.

DIANE: I have no choice.

CLINICIAN: Things were in such a place that it was the best decision you could make.

DIANE: I guess.

CLINICIAN: I'm wondering, Diane, if I were to ask you, a kind of funny question... to think about a scale from 0 to 10. Where 0 is not at all confidence and 10 is where you're 100 percent sure, how confident in yourself do you feel that you could make a change in your smoking, whether that's in cutting back in the number of cigarettes you smoke or stopping altogether? Where would you put yourself on that scale?

DIANE: It was horrible trying to stop. Those two weeks. I don't know.

CLINICIAN: So, it's hard to imagine stopping altogether given your past experience for those two weeks.

DIANE: I guess a 4?

CLINICIAN: Oh? So you know something about yourself that's got you at a 4 out of 10 in terms of confidence rather than a 2 out of 10. What's got you at a 4 rather than a 2 in confidence?

DIANE: Well, few times a week, you know, I'll go for longer times in between a cigarette.

CLINICIAN: So you know that you've been able to stretch things out in the past.

DIANE: Yeah.

CLINICIAN: Maybe you've even gone an hour between smokes.

DIANE: That's the most.

CLINICIAN: Okay. What else do you know about yourself that has you at a 4 rather than a 2?

DIANE: Well I mean the hospital thing too, right?

CLINICIAN: Tell me a little bit more about that.

DIANE: Well I couldn't smoke.

CLINICIAN: Okay so just the fact that you've gone for an extended period of time like that without smoking. You got through it. That really tells you that you could do it again if you chose to.

DIANE: Yeah. I guess.

CLINICIAN: So it's on your mind for sure.

DIANE: Yeah.