

ENVIRONMENTAL CO CAPTURE INFLUENCES SMOKE FREE HOMES

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ABSTRACT



The main focus was on a family of heavy smokers where the husband and wife (pregnant) were motivated to change their smoking behaviour due to high Carbon Monoxide readings within the home. A friend and neighbour who visited the home regularly also wanted support to quit. The pregnant client and her friend made quit attempts and eventually quit.

CO readings were taken on each home visit. On the third visit, the husband agreed to a CO breath test which was high. The CO Check Baby Monitor (MD Diagnostics Ltd) also recorded the environmental reading at this point and was significant, which prompted discussion regarding second hand smoke and smoke free homes. This led to the husband making a quit attempt and making the home smoke free.

The environmental reading showed a significant decrease in Carbon Monoxide levels post-quit. This reinforced the message around the risks of Carbon Monoxide levels and led to a total change in smoking behaviour. They remained smoke free throughout the pregnancy and post-delivery.

DO YOU WORK WITH CLIENTS IN A HOME ENVIRONMENT?

ARE YOU INTERESTED IN SUPPORTING POSITIVE BEHAVIOUR CHANGE?

DOES TAKING AN ENVIRONMENTAL CARBON MONOXIDE (CO) READING HAVE A POWERFUL INFLUENCE ON PARENTS/SMOKERS IN THEIR HOME?

THIS CASE HISTORY SUGGESTS THAT TAKING AN ENVIRONMENTAL CO READING CAN HAVE A POSITIVE EFFECT ON SMOKING BEHAVIOUR

CARBON MONOXIDE MONITORING IS A VALUABLE TOOL FOR STOP SMOKING ADVISORS

THE ADDED ADVANTAGE OF TAKING AN ENVIRONMENTAL READING WITHIN A CLIENT'S HOME IS A POWERFUL STATEMENT AND ONE WHICH IS DIFFICULT FOR CLIENTS TO DENY

THE ENVIRONMENTAL READING IS "LIVE" AND CAN BE TAKEN FROM ROOM TO ROOM TO HIGHLIGHT HIGH RISK AREAS

CAN ALSO PICK UP EXTREME CO LEVELS FROM FAULTY BOILERS

