

# GUIDELINES FOR TOBACCO CESSATION

## THE 5 A'S OF INTERVENTION

- **Ask about smoking on every visit** and record tobacco use status in the medical record and/or problem list.
- **Advise the patient to quit** in a brief strong statement. Urge every tobacco user to quit.
- **Assess** patient willingness to attempt to quit.
  - If patient is willing to make a quit attempt at this time, provide assistance. (See below)
  - If patient clearly states he/she is not willing to make a quit attempt at this time, provide personalized reasons for quitting.
- **Assist** patients who are ready to quit by:
  - **Establishing** a quit date and plan
  - **Providing** self-help material
  - **Offering First Line Pharmacotherapy**
    - \* Varenicline (Chantix)
    - \* Nicotine nasal spray
    - \* Bupropion SR
    - \* Nicotine lozenge
    - \* Nicotine gum
    - \* Nicotine patch
    - \* Nicotine inhaler
    - \*Combination of nicotine patch with either bupropion or nicotine gum, spray, or inhaler
  - **Offer** referral to smoking cessation program
- **Arrange follow-up** contact either in person or by telephone
- **Relapse:**
  - Most smokers make multiple attempts before successfully quitting
  - Repeat 5 "A's" as outlined above

### Kansas Tobacco Quitline:

1-866-KAN-STOP (1-866-526-7867) • [www.kanstop.org](http://www.kanstop.org)

24 Hours a day • 7 Days a week

Treating Tobacco Use and Dependence: 2008 Update <http://ahrq.gov/path/tobacco.htm>

## THE 5 R'S OF MOTIVATION

### RELEVANCE

- ▶ Ask patient about how quitting may be personally relevant.
  - Longer and better quality of life
  - Extra money
  - People you live with will be healthier
  - Decrease chance of heart attack, stroke or cancer
  - If pregnant, improves chance of healthy baby

### RISKS

- ▶ Ask the patient about their perception of short-term, long-term, and environmental risks of continued use.
  - Acute (breathing, asthma, pregnancy)
  - Long-term (heart, lungs, health)

### REWARDS

- ▶ Ask the patient about perceived benefits/rewards for quitting tobacco use.
  - Health (self & others)
  - Food taste
  - Sense of smell
  - Feel better
  - Example to others
  - Additional years of life

### ROADBLOCKS

- ▶ Ask patient about perceived roadblocks to quitting.
  - Withdrawal symptoms
  - Fear of failure
  - Weight gain
  - Lack of support
  - Depression
  - Enjoyment of tobacco

### REPETITION

- ▶ Respectfully repeat 5 R's each visit, providing motivation and information.