

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 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

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.