

Tobacco Cessation

The 5 A's of Brief 3-5 Minute Tobacco Intervention

Environmental Tobacco Smoke (ETS) or Secondhand Smoke

1. ASK
Do you currently use tobacco?
(cigarettes, cigars, pipe, snuff, chewing tobacco)

No

Yes

Congratulations! Reinforce decision to not use tobacco.

1. ASK
Does anyone smoke around you or others?

Yes

No

2. ADVISE
Advise of importance of quitting: **The most important advice I can give you is to quit and I can help.**

Willingness to quit: **3. ASSESS**
Are you thinking about quitting?

2. ADVISE
Encourage to smoke outside the home and not inside vehicle

Congratulations

Reinforce benefits of smoke-free air and reduced risk of:

- Lung cancer
- Heart disease
- Stroke
- Asthma
- SIDS

Yes
Want to quit now (Action)

Yes
In next 6 months (Contemplation)
In next 30 days & set **Quit Date** (Preparation)

No
Not ready (Precontemplation)

3. ASSIST
Offer second-hand smoke resources obtained from:

www.heartandstroke.sk.ca
www.preventioninstitute.sk.ca

Tobacco Use & Dependence

How many cigarettes* do you smoke/day?
When do you have your first cigarette after waking?

# cigarettes	First cigarette after waking	Tobacco Dependence
Less than 1/2 pack	More than 1 hour	Low
1/2 - 1 pack	6 - 60 minutes	Moderate
More than 1 pack	Less than 6 min	High

When do you smoke during the day?
How long have you been smoking?
Have you quit in the past?
How many times?
How did you quit?

* 1 pkg = 25 cigarettes

individualize NRT based on patient need

- 4. ASSIST**
- Prescribe NRT and/or cessation medication (www.RxFiles.ca or CPS).
 - Provide self-help materials : CCS "One Step At A Time: booklets or direct patient to order from Smokers Helpline.
 - Referral to cessation/community resources:
 - Smoker's Helpline 1-877-513-5333
 - Community pharmacist
 - Health Region Addiction Counsellor
 - www.gosmokefree.ca

- 5. ARRANGE (Very Important Step) *******
- Follow-up** for Reinforcement and Troubleshooting (in person or by phone)
- **Maintenance in 1 week: What is working for you?** or **Relapse: What has been difficult? What further support do you need?** (Reassess and go back to 4. Assist in Algorithm)
 - **Continue to follow-up as required**

- ASSIST**
- Offer information and resources on:
 - Risks of second-hand smoke, tobacco use, cessation strategies.
 - Harm reduction approach, recognizing that best to quit completely; no safe cigarette, one puff stiffens arteries.
 - Direct patient to request copy of "For Smokers Who Don't Want To Quit" from Smokers Helpline.

Provide Motivational Intervention – **The 5 R's**

- 1. Relevance**
Do you feel quitting smoking is an important thing to do for yourself and others around you?
- 2. Risks**
What effect do you think your continued smoking will have on you and others around you?
- 3. Rewards**
Can you identify the benefits of quitting for yourself and not smoking around others?
- 4. Roadblocks**
What is stopping you from quitting?
- 5. Repetition**
When opportunity presents, repeat the 5R's.

Benefits of Quitting

Young patients

- Save money
- Better breath, clean teeth and fingernails
- Fewer wrinkles
- Reduced risk of impotence

Older patients

- Reduced risk of lung cancer, heart disease, stroke, asthma