Tobacco cessation counseling guidesheet

Steps to Providing the 5 A’s Intervention

Is the patient now ready to quit?

- YES: Provide 5 A’s intervention or (in absence of time or expertise) Ask-Advise-Refer
  - YES: Enhance motivation and Discuss the 5 R’s: Relevance, Risks, Rewards, Roadblocks, Repetition
  - NO: Encourage continued abstinence

Enhance motivation and Discuss the 5 R’s: Relevance, Risks, Rewards, Roadblocks, Repetition

Prevent relapse*

Did the patient ever use tobacco?

- YES: Prevent relapse*
  - NO: Encourage continued abstinence

Prevent relapse* - Relapse prevention interventions are not necessary if patient has not used tobacco for many years and is not at risk for re-initiation.

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STEP 1 ASK about tobacco use

Suggested dialogue

- Do you ever smoke or use other types of tobacco or nicotine, such as e-cigarettes?
- Condition X often is caused or worsened by exposure to tobacco smoke. Do you or does someone in your household smoke?
- I noticed you are taking X medicine. This is often used for conditions that are caused or affected by smoking. Do you or does someone in your household smoke?

STEP 2 ADVISE to quit

Suggested dialogue

- Quitting is the most important thing you can do to protect your health now and in the future. I have training to help my patients quit, and when you are ready I would be more than happy to work with you to make a plan to quit.
- May I tell you why this concerns me? [Then elaborate on patient-specific concerns.]

STEP 3 ASSESS readiness to quit

Suggested dialogue

- What are your thoughts about quitting?
- Might you consider quitting sometime in the next month?
**STEP 4**  ASSIST with quitting

**Assess tobacco use history**
- Current use: type(s) of tobacco, amount, time to first cigarette
- Past use:
  - Duration of tobacco use
  - Changes in levels of use recently
- Past quit attempts:
  - Number of attempts, date of most recent attempt, duration
  - Methods used previously—What did or didn’t work? Why or why not?
  - Prior medication administration, dose, adherence, duration of treatment
  - Reasons for relapse

**Discuss key issues**
(For the upcoming or current quit attempt)
- Reasons/motivation for wanting to quit (or avoid relapse)
- Confidence in ability to quit (or avoid relapse)
- Triggers for tobacco use
- Routines and situations associated with tobacco use
- Stress-related tobacco use
- Concerns about weight gain
- Concerns about withdrawal symptoms

**Facilitate quitting process**
- Discuss methods for quitting: pros and cons of the different methods
- Set a quit date: ideally, less than 2 weeks away
- Recommend Tobacco Use Log (https://rxforchange.ucsf.edu/file_downloads/04%20TOBACCO%20USE%20LOG.pdf)
- Discuss coping strategies (cognitive, behavioral)
- Discuss withdrawal symptoms
- Discuss concept of “slip” versus relapse
- Provide medication counseling: adherence, proper use, with demonstration
- Offer to assist throughout the quit attempt

**Evaluate the quit attempt** (at follow-up)
- Status of attempt
- “Slips” and relapse
- Medication compliance and plans for discontinuation

**STEP 5**  ARRANGE follow-up counseling

- Monitor patients’ progress throughout the quit attempt. Follow-up contact should occur during the first week after quitting. A second follow-up contact is recommended in the first month. Additional contacts should be scheduled as needed. Counseling contacts can occur face-to-face, by telephone, or by e-mail. Keep patient progress notes.
  - Address temptations and triggers; discuss strategies to prevent relapse.
  - Congratulate patients for success and reinforce need for continued support.

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For training on brief tobacco intervention, also known as A-A-R for Ask, Advise, Refer, check out the Oregon Health Authority’s online training module at [https://tcrc.rapidlearner.com/3462253711](https://tcrc.rapidlearner.com/3462253711). For more information about this training, visit the OHA Transformation Center at [https://www.oregon.gov/oha/HPA/dsi-tc/Pages/tobacco-cessation.aspx](https://www.oregon.gov/oha/HPA/dsi-tc/Pages/tobacco-cessation.aspx).

This document was adapted from the Rx for Change Tobacco Cessation Counseling Guidesheet.

You can get this document in other languages, large print, braille or a format you prefer. Contact the Transformation Center at 971-673-3363 or email Transformation.Center@state.or.us. We accept all relay calls or you can dial 711.

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