

Talking with patients about Smoking Cessation

Provided by the Osceola
County Tobacco
Prevention Program

The “5 A’s for brief Intervention

- ◆ **Ask about tobacco use**. Identify and document tobacco status for every patient at every visit. (Chewing Tobacco, Snuff, Cigars, Cigarettes)
- ◆
- ◆ **Advise to Quit** . In a clear, strong and personalize manner urge every tobacco user to quit. (counseling cessation classes, Nicotine Replacement Therapy)

The “5 A’s for brief Intervention

- ◆ Assess willingness to make a quit attempt . Is the tobacco user willingness to make a quit attempt at this time?
- ◆ Assist in quit attempt. For the patient willing to make a quit attempt, use counseling and pharmacotherapy to help him or her quit.

The “5 A’s for brief Intervention

- ◆ Arrange follow up. Schedule follow up contact, preferably within the first week after the quit date.

The 5'R enhancing motivation to quit tobacco

- ◆ **Relevance**- Encourage the patient to indicate why quitting is personally relevant

(Impact on health, family)

- ❖ **Risk** – Identify potential negative consequences of tobacco use

– Acute risks: Shortness of breath, asthma harm to pregnancy, infertility, increasing CO levels.

The 5'R enhancing motivation to quit tobacco

- Long-Term risks- Heart attack & Strokes, lung & other cancers, chronic bronchitis and emphysema, long term disability and need for extended care.
- Environmental risks- increase risk of lung cancer and heart disease, increase risk of low birth weight, SIDS, asthma, & respiratory infections.

The 5'R enhancing motivation to quit tobacco

- ◆ **Rewards-** Identify potential benefits of stopping tobacco use.
- ◆ Ex: Improved health, food taste better, improved sense of smell, save money, perform better in physical activities, reduced wrinkling/aging of skin.

The 5'R enhancing motivation to quit tobacco

- ◆ **Roadblocks**- Ask the patient to identify barriers or impediments to quitting.
- ◆ Ex: withdrawal symptoms, fear of failure, weight gain, lack of support, depression.

The 5'R enhancing motivation to quit tobacco

- ◆ **Repetition**-motivation intervention should be repeated.

Tobacco users who have failed in previous attempts should be told that most people make repeated quit attempts before they are successful.