

# 2As and R Brief Tobacco Intervention

**A**sk every patient if they use tobacco.

“Have you used tobacco in the past 30 days?”

If *no*: “Congratulations, quitting tobacco is one of the best things you can do for your health.”

If *yes*:



**A**dvice patients to quit.

“Quitting tobacco is one of the best things you can do for your health. I strongly encourage you to quit.”



**R**efer patients to a resource for additional support.

## Ready to Quit

Provide direct referral to a support resource that will complete the “Assess, Assist and Arrange” steps.

“Congratulations on your decision to quit tobacco. This is a resource that I recommend. They will provide you with support, help you create a quit plan, and help you overcome urges.”

## Not Ready to Quit

Provide self-help materials and let patients know you are available for future support.

“When you are ready to quit, I am here to support you and have resources that can assist you.”

Ask and Advise at follow up visits.



Arkansas Department of Health



# Ask

**Ask:** Have you used tobacco in the past 30 days?

No

Congratulate

Yes

# Advise

**Advise to Quit:**  
Give a strong, personalized message to seek help in quitting.

Have you thought about quitting?

Yes

No

**Refer to resources to provide support and follow-up:**

- Quitline
- Community
- In house

**Provide:**

- Materials
- Encouragement
- In house resources

**Other Resources:**

- Materials
- Medications

# Refer