

# 5As Brief Tobacco Intervention

## **Ask** 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*:



## **Advise** patients to quit.

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



## **Asses** readiness to quit.

"Have you thought about quitting?"



## **Assist** the patient in quitting.

### Ready to Quit:

Provide encouragement. Discuss setting a quit date, cessation medications, if appropriate, and provide self-help materials.

"Congratulations on your decision to quit tobacco. I know that with support and resources, you will be successful."

### 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."



## **Arrange** for follow up.

Follow up with each patient regularly and provide direct referral to a support appropriate resources (e.g., Quit Line, group counseling, etc.)

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