

# 5A'S TOBACCO USE INTERVENTION

Implement an office system that ensures that for every patient at every visit, tobacco status is queried and documented.

## ASK ABOUT TOBACCO USE AT EVERY OPPORTUNITY

- Have you used tobacco in the last 6 months?
- Ensure tobacco use status in documents.

## ADVISE TOBACCO USERS TO QUIT

- Urge every tobacco user to quit in a way that is personally relevant.

## ASSESS TOBACCO USERS' READINESS TO QUIT

- Ask every tobacco user if they are ready to make a quit attempt at this time.
- Assess how important it is for them, and how confident and ready they are to make a change (*see reverse for Readiness Ruler*).

## ASSIST TOBACCO USERS IN QUITTING

- Build motivation to change (*see reverse for Decisional Balance*).
  - ✓ Help the patient make a quit plan.
  - ✓ Set a quit date within two weeks.
  - ✓ Discuss stop smoking medications.
  - ✓ Review past quit experiences.
  - ✓ Identify triggers and brainstorm strategies.
  - ✓ Discuss alcohol and other drug use.
  - ✓ Assist patient to identify social support.

## ARRANGE FOLLOW-UP OR REFERRAL

For smoking cessation:

- Idaho Quitline Fax Referral Form  
1-800-483-3114 [quitnw.net/idaho](http://quitnw.net/idaho)

For other community tobacco resources  
or related information contact



Benewah Medical Center  
Tobacco Prevention Coordinator

1-208-686-1931  
427 N 12<sup>th</sup> Street, Plummer, ID 83851



## READINESS RULE

How **important** is it  
for you to quit/cut down?

0 1 2 3 4 5 6 7 8 9 10

How **confident** are you  
about making this change?

0 1 2 3 4 5 6 7 8 9 10

How **ready** are you  
to make this change?

0 1 2 3 4 5 6 7 8 9 10

## FOLLOW-UP QUESTIONS

- Why are you at (current score) and not zero?
- What would it take for you to get to a higher score?

## DECISIONAL BALANCE

If You	Continue to Smoke	Quit or Cut Back
Benefits		
Concerns		

## POINTS TO COVER

- Encourage them to state why quitting is personally relevant.
- Ask them to identify potential negative consequences of use.
- Ask them to identify potential benefits of quitting.
- Ask them to identify barriers to quitting, and discuss options to address those barriers.

