Tobacco Cessation

The 5 A’s of Brief 3-5 Minute Tobacco Intervention

1. **ASK**
   - Do you currently use tobacco? (cigarettes, cigars, pipe, snuff, chewing tobacco)
   - **Yes**
     - Congratulations! Reinforce decision to be a non-smoker.
   - **No**

2. **ADVISE**
   - Advise of importance of quitting: The most important advice I can give you is to quit smoking and I can help.
   - **Yes**
     - In next 6 months (Contemplation)
     - In next 30 days & set Quit Date (Preparation)
   - **No**
     - Not ready (Precontemplation)

3. **ASSESS**
   - Willingness to quit: Are you thinking about quitting?
   - **Yes**
     - Want to quit now (Action)
   - **No**

   Tobacco Use & Dependence
   - How many cigarettes* do you smoke/day? When do you have your first cigarette after waking?
   - **# cigarettes**
     - Less than 1/2 pack
     - 1/2 - 1 pack
     - More than 1 pack
   - **First cigarette after waking**
     - More than 1 hour
     - 6 - 60 minutes
     - Less than 6 min
   - **Tobacco Dependence**
     - Low
     - Moderate
     - High
   - When do you smoke during the day? How long have you been smoking? Have you quit in the past? How many times? How did you quit? individualize NRT based on patient

4. **ASSIST**
   - Offer information and resources on:
     - Risks of second-hand smoke, tobacco use, cessation strategies.
     - Harm reduction approach, recognizing that best to quit completely; no safe cigarette, one puff stiffens arteries.
     - Direct patient to request copy of "For Smokers Who Don't Want To Quit" from Smokers Helpline.

5. **ARRANGE** (Very Important Step)
   - Follow-up for Reinforcement and Troubleshooting
     - Maintenance in 1 week: What is working for you? or Relapse: What has been difficult? What further support do you need? (Reassess and go back to 4. Assist in Algorithm)
     - Continue to follow-up as required

Environmental Tobacco Smoke (ETS) or Second Hand Smoke

1. **ASK**
   - Does anyone smoke around you or your family?
   - **Yes**
     - Encourage to smoke outside the home and not inside vehicle
   - **No**

2. **ADVICE**
   - Offer second-hand smoke resources obtained from:
     - www.heartandstroke.sk.ca
     - www.preventioninstitute.sk.ca

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   **Benefits of Quitting**
   - Young patients
     - Save money
     - Better breath, clean teeth and fingernails
     - Fewer wrinkles
     - Reduced risk of impotence
   - Older patients
     - Reduced risk of: lung cancer, heart disease, stroke, asthma

**Developed by** 09/06