

5As

A five-step approach to smoking cessation counseling

ASK	<ul style="list-style-type: none">• Ask <u>every</u> patient if they smoke or use tobacco• Consider tobacco use one of the vital signs• Employ a universal identification system (stickers, computer reminders, etc.)
ADVISE	<ul style="list-style-type: none">• Give clear advice about quitting• Offer strong warnings about health effects (ex. "Quitting smoking...is the single best thing you can do for your health.")• Provide personalized support (ex. "Quitting will reduce your risk of...")
ASSESS	<ul style="list-style-type: none">• Assess patient's willingness to make a quit attempt in the next 30 days• Listen for "I want to quit" NOT "I need to quit"• Complete fax referral only for those wanting to make a quit attempt within 30 days, or have patients call 1-800-QUIT-NOW (1-800-784-8669)
ASSIST	<ul style="list-style-type: none">• QuitlineNC coaches help patients develop a quit plan• Follow STAR<ul style="list-style-type: none">•Set a quit date (within 2 weeks)•Tell family, friends, coworkers•Anticipate challenges to quitting•Remove tobacco products from environment
ARRANGE	<ul style="list-style-type: none">• QuitlineNC can follow up with three phone calls to the participant to check on cessation progress• Provide follow-up at future clinic visits• Congratulate success• Identify problems/anticipate challenges• Evaluate pharmacotherapy use/problems

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