

## 5As

### A five-step approach to smoking cessation counseling

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

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