



# Tobacco 5 A's For Health Professionals

## ASK

- Ask about tobacco use at every clinical encounter.
- Screen and assess for tobacco use as a vital sign and at every visit.
- Anticipate potential tobacco use and exposure in children, adolescents and new military personnel.

## ADVISE

- In a clear, strong, personalized and warm manner, encourage and urge every patient to quit using tobacco.

## ASSESS

- Determine the tobacco user's willingness to make a quit attempt at this time.

## ASSIST

- Assist every patient in quitting tobacco by making a quit plan and by providing motivational interventions to them.
- Develop a quit plan by – identifying social supports, providing self-help materials, assisting with problem solving, discussing quitting strategies and pharmacotherapy, and setting a quit date.
- Provide motivational messages that cover the five R's. Make advice relevant, discuss the risks of tobacco use and the rewards of quitting, identify the roadblocks to quitting and offer assistance, and repeat the message and offer help at each visit.

## ARRANGE

- Follow up with patient via phone, e-mail, letter, and at next visit.
- Refer to Tobacco Cessation Program if needed.



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