

## Brief TOBACCO USE Counseling

### ASK about TOBACCO Use

#### Yes-Advise to Quit

-quitting your tobacco use will improve your health and your \_\_\_\_ symptoms and conditions  
-I think it is important for you to quit smoking/chewing and I can help you

#### No

-congratulate them on being tobacco free  
-encourage continued abstinence

#### Assess willingness to quit

- are you seriously thinking of quitting tobacco (smoking/dipping) use?

#### No or yes 6 months or greater

-Assist with considering future cessation  
- promote motivation to quit  
- provide non-judgemental, brief motivational message to promote motivation. Use 5 R's  
-**Relevance**- provide link between current health and medical condition  
-**Risks** – discuss risks of continued tobacco use and individualized message to their health  
-**Rewards**- review specific benefits of quitting  
-**Roadblocks** – discuss possible barriers to quitting and potential strategies to address each  
-**Repetition** – at contacts, reassess willingness and readiness to quit. Repeat these steps.  
- let individual know they may return for assistance in quitting and you can help them!

#### Yes-within 30 days

-Assist with quitting  
- review treatment options (web programming, self-help materials, quit lines, group and individual counseling, pharmacotherapy)  
- tailor interventions to their unique situation, needs, behaviors  
- establish quit plan and quitting date  
- help set-up needed appointments (medications, counseling)

#### -Arrange

- set follow-up appointment  
- ask about plan, abstinence, relapse  
- assess about medications  
- discuss relapse prevention and management  
- congratulate for progress, changes  
- for those who relapse, ask about motivation to try again

For additional information see

DOD/VA Management of Tobacco Clinical Practice Guideline

[http://www.cgp.med.va.gov/cpg/TUC3/TUC\\_Base.htm](http://www.cgp.med.va.gov/cpg/TUC3/TUC_Base.htm)

- NMCPHC Tobacco Tools [http://www-nmcphe.med.navy.mil/Healthy\\_Living/](http://www-nmcphe.med.navy.mil/Healthy_Living/)

\*\*\*please open the Tobacco Cessation menu\*\*\*