Tobacco Cessation Counseling Decision Algorithm

Does Client use tobacco?

- NO
- YES

Did the client use tobacco before?

- NO
- YES

Client is never-user; congratulate on being tobacco-free

- YES
- NO

Client stopped using tobacco less than 6 months ago

- YES
- NO

Client is in Action
Express support of quitting behavior; ask if client needs additional assistance or is having any difficulties provider can help overcome; follow up at next visit

Client is in Maintenance
Reinforce positive aspects of not smoking; ask if client needs additional assistance or is having any difficulties provider can help overcome; follow up at next visit

Client is in Preparation
Recommended client make definite plans to quit (set quit date, get rid of tobacco and paraphernalia, etc.); provide quitting tips; provide NRT/other therapy as appropriate; follow up at next visit

Client is in Contemplation
Ask about client's barriers to quitting and try to resolve these concerns; ask client to seriously consider quitting; follow up at next visit

Client is in Pre-contemplation
Provide facts about tobacco's health effects; dispel patient's misconceptions; request that client think about quitting; follow up at next visit

Interest in quitting — next 6 months?

- YES
- NO

Interested in quitting — next 30 days?