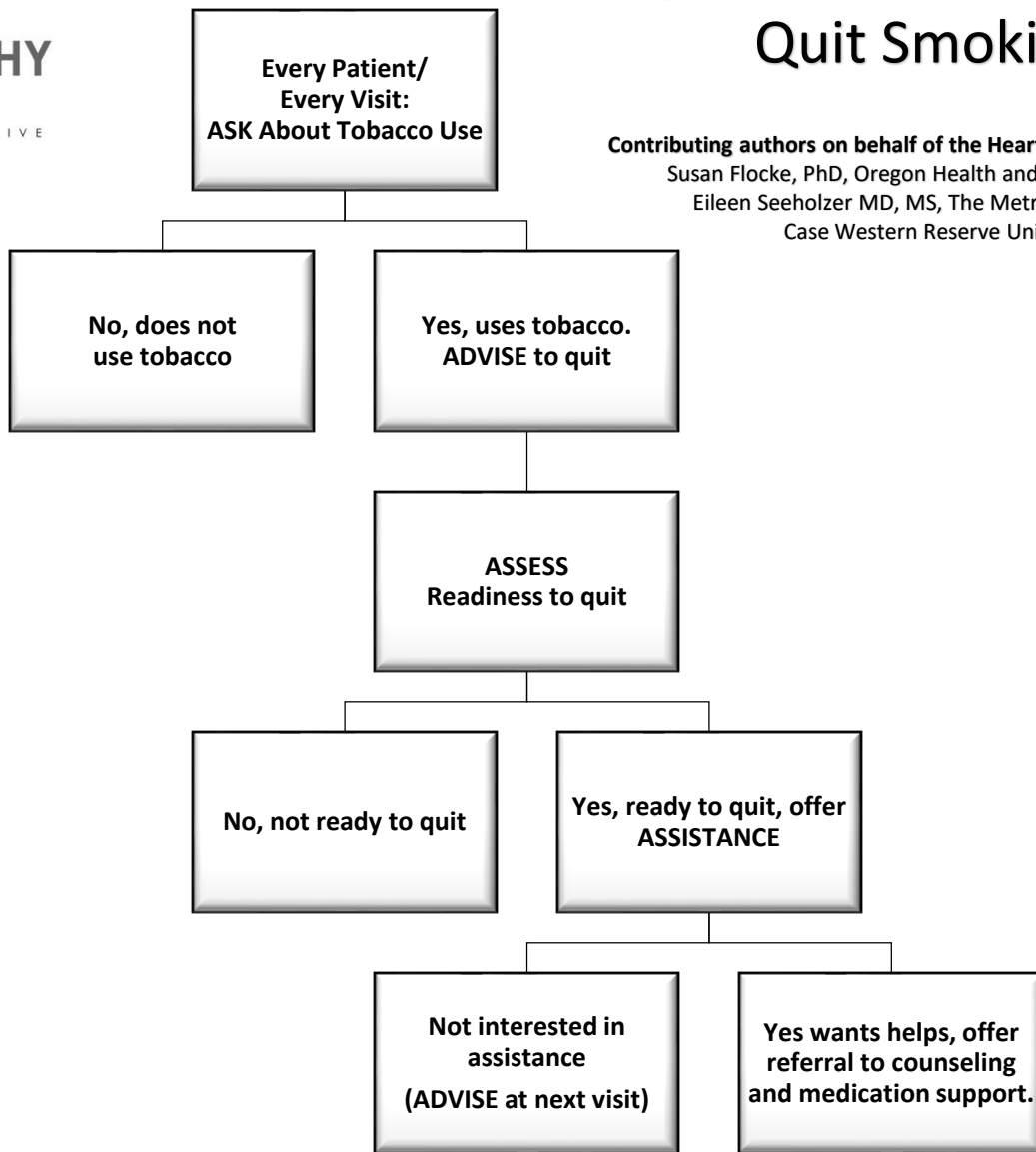




Using the 5As to Help Patients Quit Smoking

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ASK-ADVISE-ASSESS-ASSIST-ARRANGE

ASK– ask about tobacco status. Routine assessment at every visit is recommended. ‘Have you used tobacco or nicotine products in the past 30 days?’ If yes, provide brief advice.

ADVISE– provide brief advice. ‘As a member of your healthcare team, I strongly recommend that you quit.’

ASSESS readiness to quit – ‘Are you thinking about quitting in the next 30 days?’

ASSIST if ready to quit – offer– ‘Can I connect you with the Ohio Quit line counselors to help you with quitting?’ or ‘Can I connect you with our behavioral health counselors to help you with quitting?’

If no – ‘OK, we are here to help you when you are ready.’

ARRANGE follow up – ‘Is it OK to have someone from the office check in with you in a month or so to see how it is going and check if you need additional assistance with quitting?’

Counseling – referral options:
 Quitline*
 Behavioral health

Medication
 Combination NRT (patch and gum/lozenge)
 Varenicline
 Bupropion

Consider other supports through smokefree.gov
 Texting Programs
 Apps

ARRANGE for follow up phone call for check in

*QUITLINE: There are 3 ways to have Quitline contact patients directly to provide counseling and nicotine replacement. Using a proactive referral such as the ways indicated below greatly increase the likelihood of patient engagement with counseling services compared to a recommendation to call the toll free number.

1. Have a team member complete the free web referral at <https://ohio.quitlogix.org/enUS/Just-Looking/Health-Professional/How-to-Refer-Patients>.
2. Have your health system set up an e-referrals in the medical record (there is a cost to the health system to create this option).
3. Fax a completed referral to: 1-800-261-6259. Form available at: <https://ohio.quitlogix.org/CMSPages/GetFile.aspx?guid=115b93b6-9deb-4d8c-be47-4d3004805818>