

The Healthcare Provider's Role in Smoking Cessation Efforts

Your role as a healthcare provider offers an opportunity to talk to your patients who smoke about quitting and to support their efforts. The following checklist may help.

The Five A's* Checklist for Supporting Smoking Cessation

- Ask about smoking status**
At every visit, find out if your patient is smoking and if so how often.
- Advise smokers to stop**
Speak personally to each patient about quitting.
- Assess willingness to stop**
Find out if your patient is willing to try to quit.
- Assist the patient with a quit plan**
Determine and share a plan, including medications and counseling, that may be appropriate.
- Arrange follow-up**
For the willing patient, arrange follow-up, starting the first week after quit date.

For patients not yet willing to quit, address dependence on smoking and plans for quitting. The following checklist may help.

The Five R's* Checklist for Supporting Smoking Cessation

- Relevance to patient**
Discuss with your patient why quitting is important to him or her, personally, and specifically.

*Adapted from *Treating Tobacco Use and Dependence: 2008 Update*. Clinical Practice Guideline. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service.

The Five R's* Checklist for Supporting Smoking Cessation *(continued)*

□ Risks of smoking

Ask your patient to tell you what he or she thinks are the potential negative effects of smoking. Examples may include: respiratory problems, lung cancer, and harm to pregnancy.

Highlight those that seem the most relevant to the patient.

Emphasize that smoking low-tar/low-nicotine cigarettes or use of other forms of tobacco will not eliminate these risks.

□ Rewards of stopping

Ask your patient what he or she thinks are the possible benefits of quitting. Highlight those that seem most relevant to the patient. Examples may include:

- Improved health and performance in physical activities
- Improved sense of taste and smell
- Improved appearance, such as whiter teeth
- Saving money

□ Roadblocks to stopping

Ask your patient what he or she feels are barriers to quitting and discuss what you feel are possible ways to address those barriers. Examples may include:

- Withdrawal symptoms and weight gain
- Giving up the enjoyment of tobacco
- Being around other tobacco users

□ Repetition

Address the topic of smoking at each visit with your patients who smoke. Let them know that many people try more than once to quit before they eventually succeed.

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For more information, visit www.smokefree.gov