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

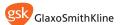
Ask your patient what he or she feels are barriers to quitting and discuss what you feel are possible ways to address those barriers. Examples may include:

- 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.

For more information, visit www.smokefree.gov



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