

5A Tobacco Use Intervention

Implement an office system that ensures that, for every patient at every visit, tobacco use status is queried and documented.

ASK About Tobacco Use at Every Opportunity

- “Have you used tobacco in the last 6 months?”
- Ensure tobacco use status is documented.

ADVISE All Tobacco Users to Quit

- Urge every tobacco user to quit in a way that is personally relevant.

ASSESS All Tobacco Users’ Readiness to Quit

- Ask every tobacco user if they are ready to make a quit attempt at this time.
- Assess how important it is for them, and how confident and ready they are to make a change (see reverse for *Readiness Ruler*).

ASSIST All Tobacco Users in Quitting

- Build motivation to change (see reverse for *Decisional Balance*).
- Help the patient make a quit plan.
 - ✓ Set a quit date within two weeks.
 - ✓ Discuss stop smoking medications.
 - ✓ Review past quit experiences.
 - ✓ Identify triggers and brainstorm strategies.
 - ✓ Discuss alcohol and other drug use.
 - ✓ Assist patient to identify social support.

ARRANGE Follow-Up or Referral

For smoking cessation:

- Smokers’ Helpline Quit Connection Fax Referral Form
smokershelpline.ca/refer 1-877-513-5333

For other tobacco-related information:

- Contact Your Local Public Health Unit

Helpful Counselling Tools

Readiness Ruler

How **important** is it for you to quit/cut down?

0 1 2 3 4 5 6 7 8 9 10

How **confident** are you about making this change?

0 1 2 3 4 5 6 7 8 9 10

How **ready** are you to make this change?

0 1 2 3 4 5 6 7 8 9 10

Follow-Up Questions:

- Why are you at (current score) and not zero?
- What would it take for you to get to a higher score?

Decisional Balance

	If you continue to smoke	If you quit/cut back
Benefits		
Concerns		

Points to cover:

- Encourage the tobacco user to state why quitting is personally relevant.
- Ask the tobacco user to identify potential negative consequences of use.
- Ask the tobacco user to identify potential benefits of quitting.
- Ask the tobacco user to identify barriers to quitting, and discuss options to address those barriers.

Contact
your local
Public Health Unit



smokers' helpline

CONNECT TO QUIT
smokershelpline.ca
1 877 513-5333

YouCanMakeitHappen.ca

Adapted from: University of Massachusetts Medical School and Centre for Addiction and Mental Health