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

<table>
<thead>
<tr>
<th></th>
<th>If you continue to smoke</th>
<th>If you quit/cut back</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benefits</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Concerns</td>
<td></td>
<td></td>
</tr>
</tbody>
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*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.

YouCanMakeItHappen.ca

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