



THE 5 A's BRIEF INTERVENTION

Tobacco is the single greatest cause of disease and premature death in the United States today and is responsible for more than 430,000 deaths each year. The single most important step in addressing tobacco use and dependence is **screening for tobacco use**.

TREATING TOBACCO USE AND DEPENDENCE IN PATIENTS

After the clinician has asked about tobacco use and has assessed the willingness to quit, he or she can then provide the appropriate intervention, either by assisting the patient in quitting (the "5A's") or by providing a motivational intervention, the ("5 R's").

THE 5 A's:

The five major steps to intervention in the primary care setting are to:

- **ASK** about tobacco use
- **ADVISE** patients to quit
- **ASSESS** willingness to change
- **ASSIST** in quit attempt
- **ARRANGE** for follow-up

ASK:

- Ask **EVERY patient** about tobacco use status at **EVERY visit**.
- This occurs most consistently when there are systems in place that systematically result in universal tobacco use status documentation.

ADVISE:

- Once tobacco use status has been identified and documented, **advise all tobacco users to quit**.
- Advice should be **clear, strong, and personalized** to the individual's unique situation (ie. medical condition, family status, costs).
- Even brief advice to quit results in greater quit rates.

ASSESS:

- After providing a clear, strong, and personalized message to quit smoking, **determine whether or not the patient is willing to quit at this time**.
- If the patient is not willing to quit at this time or needs further encouragement, motivational interventions can be utilized (The "5 R's").

ASSIST:

- If the patient is willing to quit, assist the patient using a **brief or intensive intervention**.

Help Patients to Develop a Quit Plan

- Set a quit date
- Review past quit attempt experiences
- Anticipate challenges and barriers
- Remove tobacco products
- Avoid triggers (ie. caffeine, alcohol)

Counseling

- Encourage the patient
- Prompt support seeking
- Offer resources

ARRANGE:

- Schedule a follow-up contact within one week after the quit date
 - Telephone contact
 - Quitline Iowa (1-800-QUIT-NOW)
- A majority of relapses occur in the first two weeks after quitting