



EFFECTIVE CESSATION PROGRAMMING

Tobacco use is regarded as the number one preventable cause of mortality in the U.S. and is responsible for approximately 500,000 deaths annually. Thousands of tobacco users visit a healthcare provider each year, making it important for clinicians to be prepared to intervene.

TREATING TOBACCO USE AND DEPENDENCE IN PATIENTS

Facts:

- Tobacco dependence is a chronic condition that often requires repeated interventions.
- Smoking is the #1 preventable cause of death in the United States.
- Approximately 4,600 tobacco-related deaths are reported in IA each year.
- There is substantial evidence that brief smoking cessation counseling can be effective.

Role of Providers:

According to the PHS Guideline:

- Health professionals should identify and document tobacco use status for every patient at every clinic visit, urge every tobacco user to quit, and assist those we are ready to quit.
- Treatments are more effective when delivered by multiple types of clinicians and delivery of treatment by multiple professionals is encouraged.

Barriers to Treating Tobacco Dependence:

- **“There is not enough time.”**
Minimal interventions lasting less than 3 minutes increase overall tobacco abstinence rates.
- **“I can’t help patients quit.”**
Effective clinical interventions exist.
- **“Patients don’t want to hear it.”**
Smoking cessation interventions during physician visits have been associated with increased patient satisfaction with their care among those who smoke.

Treating Tobacco Use:

- Clinicians should identify tobacco users at each visit and intervene with those individuals who are willing to quit. (“The 5 A’s”)
- For patients not willing to make a quit attempt now, clinicians should motivate the patient to consider quitting. (“The 5 R’s”)

THE “5 A’s” for patients ready to quit:

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

The “5 R’s” for patients NOT ready to quit:

- **RELEVANCE** of quitting
- **RISKS** of continued use
- **REWARDS** of quitting
- **ROADBLOCKS** to quitting
- **REPETITION** of messages

