



# Tobacco Cessation Script

## For Patients READY to Quit

Utilize the 5 Major Steps to Intervention: the 5A's

The 5A's intervention is an evidence-based best practice to help individuals who are ready to stop using tobacco reinforce their motivation to quit and reach their goal. The intervention is intended to be brief, five minutes or less. While originally designed for primary care, it can be used by providers in almost any healthcare setting. For patients who are not ready to quit, the 5R's intervention can help improve their motivation to stop using tobacco.

### Ask

every patient about tobacco use

### Advise

every tobacco user to quit. Different forms of tobacco, cigarettes, cigars, pipes, chewing tobacco, snus, vaping, e-cigarettes, water pipes, etc, present different health risks, but no form of tobacco use has been shown to be safe

### Assess

the patient's willingness and readiness for a quit attempt

- Question 1, would you like to be a non tobacco user?  
Patients who answer question 1 with a "no" or "not sure" are NOT ready to quit. The 5R's intervention can help them better understand the dangers of tobacco use and boost their motivation to quit.
- Question 2, do you think you have a chance of quitting successfully?  
Patients who answer question 2 with a "yes" or "not sure" are READY to quit. Continue to the Assist and Arrange steps.

### Assist

patients with a plan to quit using tobacco

- Help develop a quit plan with a firm date
- Provide practical counseling and advice on quitting
- Provide informational and educational materials on quit lines, websites, social media and other practical resources
- Recommend nicotine replacement products and/or pharmacologic agents as appropriate

### Arrange

follow up appointments or a referral to tobacco cessation specialist support as needed

***Nicotine is one of the most powerfully addictive substances of abuse, either legal or illegal.***