



Treating Tobacco Use and Dependence

Intensity of Interventions and Content of Communication

INTENSITY OF INTERVENTIONS	< 3 minutes	<20 minutes	30-300 minutes, 2-8 visits
CONTENT OF COMMUNICATION	<p>Ask about tobacco use</p> <p>Advise/encourage quitting in a clear, strong, personalized manner</p> <p>Assess willingness to quit</p>	<p>Ask</p> <p>Advise</p> <p>Assess</p> <p>Assist w/a quit plan</p> <p>Recommend medication except where contraindicated</p> <p>STAR</p> <p><u>Set</u> date</p> <p><u>Tell</u> others</p> <p><u>Anticipate</u> challenges</p> <p><u>Remove</u> tobacco products</p> <p>Arrange for follow up to assess pharmacotherapy & progress</p>	<p>Ask</p> <p>Advise</p> <p>Assess</p> <p>Assist</p> <p>Medication</p> <p>Problem solving</p> <p>Skills building</p> <p>Arrange</p> <p>Through referral to intensive treatment or in office</p> <p>May use variety of clinician types and format i.e., face to face, phone calls, group counseling</p> <p>Referral to <u>NYS Quitline</u>, <u>Healthy Living Center</u></p>
	<p>Yes</p> <p>Recommend medication except where contraindicated</p> <p>Refer for treatment</p> <ul style="list-style-type: none"> - <u>NYS Quitline</u> - <u>Healthy Living Center</u> <p>Offer educational materials</p> <ul style="list-style-type: none"> - <u>NYS Quitline materials</u> - National Cancer Institute-<u>Clearing the Air</u> - <u>AHRQ-You Can Quit Smoking</u> - <u>Smokefree.gov</u> 	<p>No</p> <p>Motivate using 5 "R's"</p> <p>Relevance</p> <p>Risk</p> <p>Rewards</p> <p>Roadblocks</p> <p>Repeat</p>	



FOR SMOKERS NOT READY TO QUIT 5 "R's"

Elicit Patients' Perspectives On:

Relevance Of quitting	Ask patients why quitting may be personally relevant to them Discuss link to current & future health status/concerns, family/loved ones
Risks Of continued smoking	Ask patients to identify relevant negative consequences of tobacco use <ul style="list-style-type: none"> • Shortness of breath, harm to pregnancy, impotence, infertility • Heart attacks/strokes, lung and other cancers, COPD, disability • Increased risks of lung cancer & heart disease in family, higher rates of smoking by their children, increased risk for low birth weight, asthma, middle ear & respiratory infections in children of smokers
Rewards Of quitting	Ask patients to identify potential benefits of stopping tobacco use <ul style="list-style-type: none"> • improved health • saving money • reducing wrinkling/aging of skin • protecting your children • food tasting better • feeling better physically • home, car, clothes and breath smelling better
Roadblocks To quitting	Ask patients to identify barriers to quitting and target treatment to address barriers <ul style="list-style-type: none"> • withdrawal symptoms • weight gain • depression • cost of treatment • fear of failure • lack of support • enjoyment of smoking
Repeat At every visit	Continue to use 5 "R's" at every visit. Tell tobacco users who have failed previous quit attempts that most people make repeat attempts before being successful

Guidelines are intended to be flexible. They serve as reference points or recommendations, not rigid criteria. Guidelines should be followed in most cases, but there is an understanding that, depending on the patient, the setting, the circumstances, or other factors, care can and should be tailored to fit individual needs.