

1. ASK – SYSTEMATICALLY IDENTIFY ALL TOBACCO USERS.

At the patient's visit, ask: *Which of the following statements best describes your tobacco use?*

- A. I have never used tobacco; including smokeless tobacco, cigars, cigarettes and electronic cigarettes
- B. I quit using tobacco less than 30 days ago and have not used a tobacco product since
- C. I quit using tobacco more than 30 days ago and have not used a tobacco product since
- D. I am in the process of quitting and have cut down on how often I use tobacco
- E. I regularly use tobacco products



If the patient has already quit using tobacco (B or C), reinforce their decision to quit, congratulate them on success, and encourage them to continue to stay tobacco-free.

If the patient is still smoking (D or E), document smoking status in the medical record, and proceed to *Advise, Assess, Assist, and Arrange*.



2. ADVISE – STRONGLY URGE ALL TOBACCO USERS TO QUIT.

Urge every tobacco user to quit in a clear, strong and personalized manner.

- **Clear-** "It is important that you quit smoking (or using chewing tobacco) now, and I can help you." "Cutting down while you are ill is not enough." "Occasional or light smoking is still dangerous."
- **Strong-** "As your doctor, I need you to know that quitting smoking is the most important thing you can do to protect your health now and in the future. We are here to help you."
- **Personalized-** Tie tobacco use to something identifiable to the patient such as demographics, health concerns, or social factors. Find a factor that resonates with each individual.

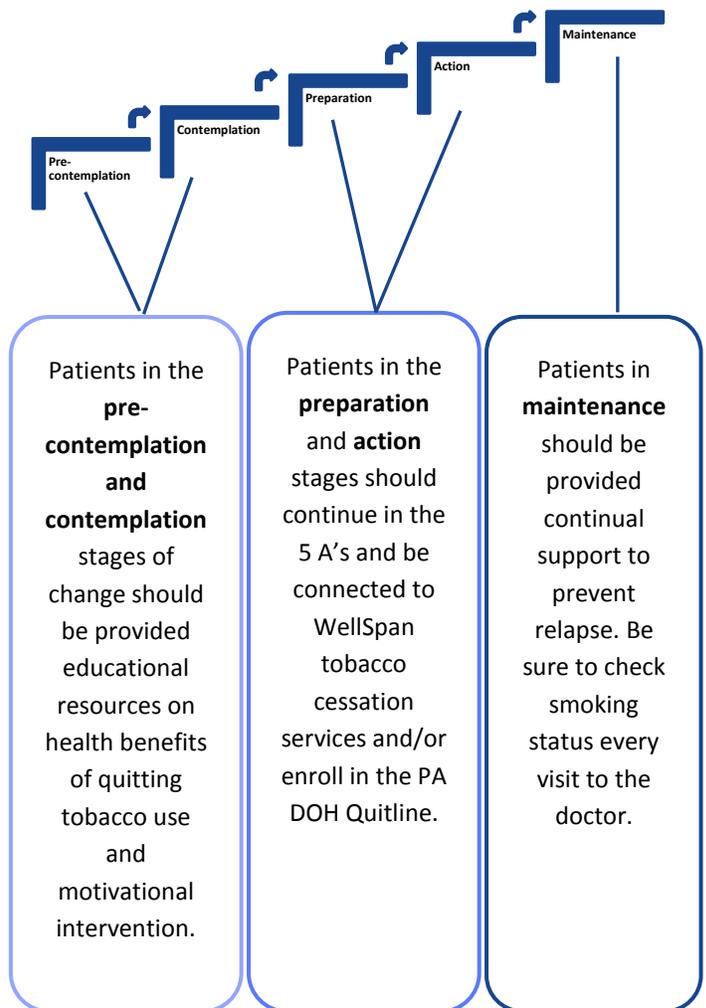


Use positive language and concentrate on the positive benefits of quitting instead of focusing on bad outcomes such as low birth weight or delivery complications.

3. ASSESS – DETERMINE WILLINGNESS TO QUIT.

Ask the patient if they are willing to make a quit attempt within the next 30 days.

- If the patient is willing to try to quit, move to the *Assist* and *Arrange* steps.
- Document the patient's choice in the medical chart to ensure accurate follow-up at the next visit.



4. ASSIST – CONNECT PATIENT WITH NECESSARY RESOURCES.

Help the patient set a quit date, provide self-help materials, counsel about successful cessation techniques and problem-solving strategies.

- Set a quit date – ideally within 30 days.
- Encourage the patient to tell family, friends, and co-workers about their decision and to request understanding and support from them.
- Prepare them for challenges, such as nicotine withdrawal symptoms in the first few weeks.
- Instruct them to remove tobacco products from their environment; before quitting, they should avoid using tobacco in places they associate with tobacco use (e.g., at their desk, in the car, in social situations).
- Make it clear that total abstinence is essential: “Not even a single puff after the quit date.”
- Provide self-help materials about how to quit smoking.
- Connect the patient with WellSpan cessation programs (see box on right) and/or refer them to the Quitline (1-800-QuitNow) either by a call while in the office or by a fax referral.



5. ARRANGE – PROVIDE FOLLOW-UP SUPPORT.



Make plans to monitor smoking status and provide support during follow-up visits.

- Encourage the patient in their decision to quit.
- Communicate your belief in their ability to quit.
- Ask the patient how they feel about quitting.
- Directly express concern and willingness to help.
- Invite them to talk about their success- no matter how small.

*Information adapted from “Smoking Cessation During Pregnancy: A Clinician’s Guide to Helping Pregnant Women Quit Smoking” by the American College of Obstetricians and Gynecologists.

WELLSPAN HEALTH TOBACCO CESSATION PROGRAMS

Group Cessation Classes:

Gettysburg and York Hospitals offer the *Freedom From Smoking*® program, developed by the American Lung Association. This is an eight-session clinic designed to help people quit smoking, fight the addiction and develop a smoke-free lifestyle. This free program hosts up to 25 participants and provides participants with a free four-week supply of Nicotine Replacement Therapy.

One-on-One Counseling

Gettysburg and York Hospitals offer free one-on-one tobacco treatment planning sessions to all Adams and York County residents. This one-hour counseling session is designed to evaluate a person's nicotine dependence levels, discuss any past quit attempts, review strategies and coping skills to get through the urge to smoke or chew and work to develop a tailored “quit plan” specific to the individual’s lifestyle.

Tobacco 101

For those who want to quit on their own, this program provides individuals with the necessary tools to quit smoking on a self-guided path, including reviewing what tobacco does to the body, discussing approved medications to help you quit, helping you create a “quit plan” and providing support.

YORK COUNTY

Community Health and Wellness
605 South George Street, Suite 160
York, PA 17401
Phone: (717) 851-5857
Fax: (717) 848-6618

ADAMS COUNTY

Tobacco Cessation Education Counselor
Community Health and Wellness
39 N. Fifth Street
Gettysburg, PA 17325
Phone: (717) 338-3259
Fax: (717) 334-4272

ADDITIONAL RESOURCES:

- **WellSpan LMS Module:** “Health Coach Training: Tobacco Cessation”
- **1-800-QUITNOW:** Tool-free telephone number connects you to counseling and information about quitting smoking in PA.
- **www.smokefree.gov:** Online step-by-step cessation guide and publications that can be downloaded.
- **ACOG: Motivational Interviewing: A Tool For Behavioral Change:** ACOG Committee Opinion #423