



5 A's: Brief Interventions for Tobacco Treatment

The 5 A's are a 10-minute decision support tool for clinicians to assist patients to stop tobacco use. Embracing the 5 A's can help you guide patients toward tobacco treatment.

1

ASK ABOUT TOBACCO USE

- Ask each patient this question on arrival: Have you used tobacco in the last 30 days?



2

ADVISE ALL TOBACCO USERS TO STOP

- As a health professional, the best advice I can give you is to stop using tobacco.
- Giving up tobacco is hard; however, it will help with (healing, finances, medication).
- In the hospital, we have NRT (patches/gum) that you can try whether or not you are currently having cravings.

3

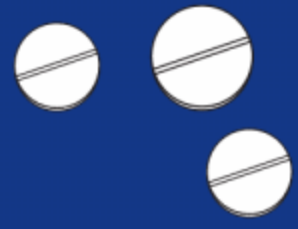
ASSESS PATIENT READINESS TO STOP

- Do you want to stop using tobacco?
- Are you nicotine dependent?
- When you wake up each day, when do you first use tobacco? How much do you use in a day?
- Are you currently using medicine to help you stop?

4

ASSIST WITH MEDICATION AND PRACTICAL COUNSELING

It is always safer to use NRT than to continue tobacco use.



Tobacco Treatment Medication Benefits:

- Relieves nicotine withdrawal
- Increases chances of stopping

Do Offer:

- NRT, Bupropion, and Varenicline
- Practical counseling (motivational interviewing)

5

ARRANGE FOR A FOLLOW-UP OR REFERRAL

- Schedule a follow-up visit within 2-4 months.

