5 A's: Brief Interventions for Tobacco Treatment

The 5 A's are a 10-minute decision support tool that clinicians and other health providers can utilize with patients or clients who use tobacco. Embracing the 5 A's can help clinicians and other health professionals guide patients or clients toward tobacco treatment.

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Evidence-Based Practice Tool

ASK ABOUT TOBACCO USE

• Ask each patient or client: Have you used tobacco in the last 30 days?



2

ADVISE THOSE USING TOBACCO 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, etc.
- We have Nicotine Replacement Therapy (NRT) (e.g., patches, gum) that you can try whether or not you are currently having cravings.



ASSESS 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?



ASSIST WITH MEDICATION AND PRACTICAL COUNSELING

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

Tobacco Treatment Medication Benefits:

<u>Do Offer:</u>

• Relieves nicotine withdrawal

• Increases chances of stopping

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



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ARRANGE FOR A FOLLOW-UP OR REFERRAL

- Refer to a tobacco treatment program.
- Schedule a follow-up visit within 2-4 months.



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