



# 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.

## 1 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.



## 3 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?



## 4 ASSIST WITH MEDICATION AND PRACTICAL COUNSELING

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

Offer:

- NRT, bupropion, and varenicline
- Practical counseling (motivational interviewing)

Explain the benefits:

- Relieves nicotine withdrawal
- Increases chances of stopping



## 5 ARRANGE FOR A FOLLOW-UP OR REFERRAL

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

