



The Five A's

As a health care provider you are an important resource to your patients and play a vital role in their health care decisions and choices. Quitting tobacco use is one of the most impactful health decisions a person can make. To help your patients make that decision, remember the “Five A’s” when counseling.

ASK:

- Ask your patient about his/her tobacco use at every visit.
- Identify all tobacco use at every visit.
- Ask: “How many cigarettes do you smoke every day?”
“How often do you dip?”

ADVISE:

- Strongly urge all tobacco users to quit.
- Use clear, strong and personalized language:
 - “You should quit smoking (or chewing) and I can help you.”
 - “Cutting back when you’re sick isn’t enough.”
 - “You need to know that quitting smoking is the most important thing you can do to protect your health now and in the future.”

ASSESS:

- Determine your patient’s willingness to quit.
- Ask every tobacco user if they are willing to quit at this time.
- If the patient is willing to participate in an intensive treatment, complete a FAX Referral form for the Nebraska Tobacco Quitline.
 - Use either a Medicaid FAX referral form for those on Medicaid or the regular FAX referral form for all others.

ASSIST:

- Help your patient quit his/her tobacco use.
- Help your patient develop a quit plan.
- Set a quit date with your patient – ideally, within 2 weeks.
- Talk with your patient about the challenges he/she will face during the first few weeks.
- Encourage telling family, friends and co-workers about quitting for extra support.
- Suggest ways to cope with cravings.
- If available, refer to community cessation programs.
- If needed, recommend the use of approved pharmacotherapy.

ARRANGE:

- Schedule follow-up visits to review progress toward quitting.
 - Follow-up contact should occur soon after the quit date, preferably during the first week.
 - A second follow-up contact is recommended within the first month.
 - Schedule further follow-up contacts as needed.

Talk with your patients about quitting tobacco.

Nebraska Tobacco Quitline

QuitNow.ne.gov | 1-800-QUIT-NOW