



5A'S	ACTION	STRATEGIES FOR IMPLEMENTATION								
<p><b>Ask</b> - Systematically identify all tobacco users at every visit.</p>	<ul style="list-style-type: none"> <li>Ask ALL patients at every encounter &amp; document it.</li> </ul> <p>Make it part of your routine.</p>	<p><b><u>"Tobacco Assessment and Management "</u></b> (tool located in EMR)</p> <p><b>Sample questions:</b></p> <p>Do you use tobacco? If yes,</p> <p>Are you thinking about quitting now? (Allows you to know what Stage of Change the Patient is in).</p>								
<p><b>Advise</b> – Persuade a tobacco users that they need to quit</p>	<p>Urge every tobacco user to quit in a clear, strong &amp; personalized manner</p>	<p>Advice should be:</p> <p><b>Clear</b> - It is important that you quit now, and I can help you. ‘Any tobacco use is harmful’</p> <p><b>Strong</b>- As your provider, “quitting smoking is the most important thing you can do to protect your health”</p> <p>Personalized – Tie tobacco use based on the <a href="#">Decisional Balance Worksheet - Thinking about my Smoking &amp; Benefits of them Quitting</a></p> <p><a href="#">For Smokers who don't want to Quit</a> - a self-help guide developed by Canadian Cancer Society (also available as a print resource - call: 204-774-7483)</p>								
<p><b>Assess</b> – Determine readiness to make a quit attempt</p>	<p>Ask two questions in relation to ‘importance’ and self-efficacy;</p> <ol style="list-style-type: none"> <li>Would you like to stop using tobacco?</li> <li>Do you think you have a chance of quitting successfully?</li> </ol>	<p>Any answer in the shaded areas indicates the tobacco user is not ready to quit. In these cases you should deliver the 5 R's intervention (later in the presentation) utilize the clinics “Tobacco Champion”</p> <table border="1" data-bbox="793 898 1192 998"> <tr> <td>Question 1</td> <td>Yes</td> <td>Unsure</td> <td>No</td> </tr> <tr> <td>Question 2</td> <td>Yes</td> <td>Unsure</td> <td>No</td> </tr> </table> <p>If the patient is ready to go ahead with a quit attempt you can move on to Assist &amp; Arrange steps.</p> <p>See <a href="#">Stages of Change to Quit Smoking Questions to Consider</a></p>	Question 1	Yes	Unsure	No	Question 2	Yes	Unsure	No
Question 1	Yes	Unsure	No							
Question 2	Yes	Unsure	No							
<p><b>Assist</b>- Help the patient with a Quit Plan</p>	<p>Help the patient develop a quit plan</p> <p>Provide counseling and identify social support(s)</p> <p>Provide “Tool to get patients thinking”</p> <p>Recommend Pharmacotherapy options</p>	<p>Use the STAR method to facilitate and help the patient develop a plan:</p> <p>Set a quit date ideally within 2 weeks</p> <p>Tell family, friends, &amp; coworkers about quitting, and ask for support</p> <p>Anticipate challenges to the upcoming quit attempt</p> <p>Remove tobacco products for the patient’s environment and the home tobacco free</p> <p>Focus on 3 Counselling elements:</p> <ul style="list-style-type: none"> <li>Help the patient identify / danger situations</li> <li>Help patients identify &amp; practice coping skills to address dangerous situations</li> <li>Provide basic information about quitting <a href="#">Charting your Cigarettes</a>, <a href="#">Know Your Triggers</a>, <a href="#">Withdrawal</a>,</li> </ul>								



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		<p><u>Symptoms and How to Cope</u></p> <p>Refer to existing Quit Smoking Tools and Tips Patient Handout section in the EMR for tobacco cessation (local and on line services)</p> <p>The support given to the patient needs to be described positively but realistically.</p>
<p><b>Arrange</b> – <i>Schedule follow-up contacts or a referral to your site Tobacco Champion</i></p>	<p>In person or by phone follow-up</p> <p>Referral to Tobacco Champion when needed</p>	<p><b>When:</b> Initial follow-up within one week subsequent follow-ups as needed and recommended within one month after the quit date</p> <p><b>How:</b> Clinic contacts (by phone or appointment) as per usual methods based on needs of patient</p> <p><b>What:</b></p> <p><b>For all Patients:</b></p> <ul style="list-style-type: none"> <li>• Identify problems already encountered &amp; anticipate challenges</li> <li>• Remind patients of available treatment &amp; social support</li> <li>• Assess medication use &amp; problems</li> <li>• Schedule next follow-up contact</li> </ul> <p><b>For patients who are abstinent:</b></p> <ul style="list-style-type: none"> <li>• Congratulate them and ask them how they are celebrating their success</li> </ul> <p><b>For patients who have used tobacco again:</b></p> <ul style="list-style-type: none"> <li>• Remind them to view relapse as a learning experience</li> <li>• Review circumstances &amp; elicit recommitment</li> <li>• Link to more intensive treatment if available</li> </ul>



5 R'S	STRATEGIES FOR IMPLEMENTATION	EXAMPLE
<b>Relevance</b>	Encourage individual to indicate <b>personal relevance of</b> quitting Use Decisional Balance Worksheet	<b>Ask:</b> How is quitting relevant to you?
<b>Risks</b>	Encourage individual to identify potential <b>personally relevant consequences of tobacco use</b> Examples of risks: Acute: shortness of breath, asthma/COPD exacerbations, harm to pregnancy Long-term: Heart attack, stroke, cancer (lung, pharynx, esophagus etc.), COPD Environmental: increase risk of lung Ca, heart disease in others in home, SIDS, asthma, middle ear disease, increased respiratory infections in children of tobacco users	<b>Ask:</b> What do you know about the health risks of tobacco use? What worries you?  Inform of risks based on concern (example: advise increased cancer risks in tobacco users)
<b>Rewards</b>	Ask individual to identify <b>potential relevant benefits of stopping tobacco use</b> Examples: Improved health/feel better, save money, reduced wrinkles, set good example for children	<b>Ask:</b> Do you know how stopping tobacco use would affect your risk of cancer?  Re-solidify immediate and long term benefits to health and importance of stopping tobacco use ASAP
<b>Roadblocks</b>	Ask individual to identify <b>barriers to quitting</b> ; provide targeted treatment (medication, counseling)  Typical barriers: withdrawal, fear of failure, weight gain, depression, lack of support, lack of knowledge of treatment options	<b>Ask:</b> What would be difficult about quitting for you?  Target response based on barrier: ex: advise can provide NRT that can reduce cravings
<b>Repetition</b>	<b>Repeat assessment of readiness to quit: <i>if still not ready, repeat intervention at later date</i></b>	<b>Ask:</b> Can you answer these questions again now that we have had a chat?