

The “5A’s”

Smoking Cessation Brief Intervention

1.

ASK about tobacco use

“Do you use any tobacco, vapes, or e-cigarette products?” or
“Tell me about our experience using tobacco or nicotine products?”

2.

ADVISE to quit

“As your clinician, I need you to know that quitting smoking is the most important thing you can do to protect your health now and in the future. The clinic staff and I will help you.”

3.

ASSESS readiness to quit

“What are your thoughts on quitting?” or
“On a scale of 0 to 10, how interested are you in trying to quit?”

4.

ASSIST Offer medication and provide or refer for counseling to help the patient quit

“I can help you get medication that can double your chances of quitting successfully and give you a referral for ongoing support.”

5.

ARRANGE follow-up

“Would it be okay to check in with you in a week or two to see how things are going?”