

Successful intervention begins with identifying users and appropriate interventions based upon the patient's willingness to quit. The five major steps to intervention are the "5 A's": Ask, Advise, Assess, Assist, and Arrange.

ASK	ADVISE	ASSESS	ASSIST	ARRANGE
Identify and document tobacco use status for every patient at every visit. (You may wish to develop your own vital signs sticker, based on the sample below).	In a clear, strong, and personalized manner, urge every tobacco user to quit.	Is the tobacco user willing to make a quit attempt at this time?	For the patient willing to make a quit attempt, use counseling and pharmacotherapy to help him or her quit.	Schedule followup contact, in person or by telephone, preferably within the first week after the quit date.

Tobacco is the single greatest preventable cause of disease and premature death in America today.

"Starting today, every doctor, nurse, health plan, purchaser, and medical school in America should make treating tobacco dependence a top priority."

David Satcher, MD, Ph.D. Former U.S. Surgeon General Director, National Center for Primary Care, Morehouse School of Medicine

Quick reference guides for each of the 5A's: <u>https://bit.ly/AHRQ\_5As</u>

VIT	AL SIG	NS	
Blood Pressure:	/eight:		
Respiratory Rate:	Current	Former	Never
*Alternatives to expanding the stickers on all patient char electronic medical rec	e vital signs	are to place	tobacco-use status use status using der systems.



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