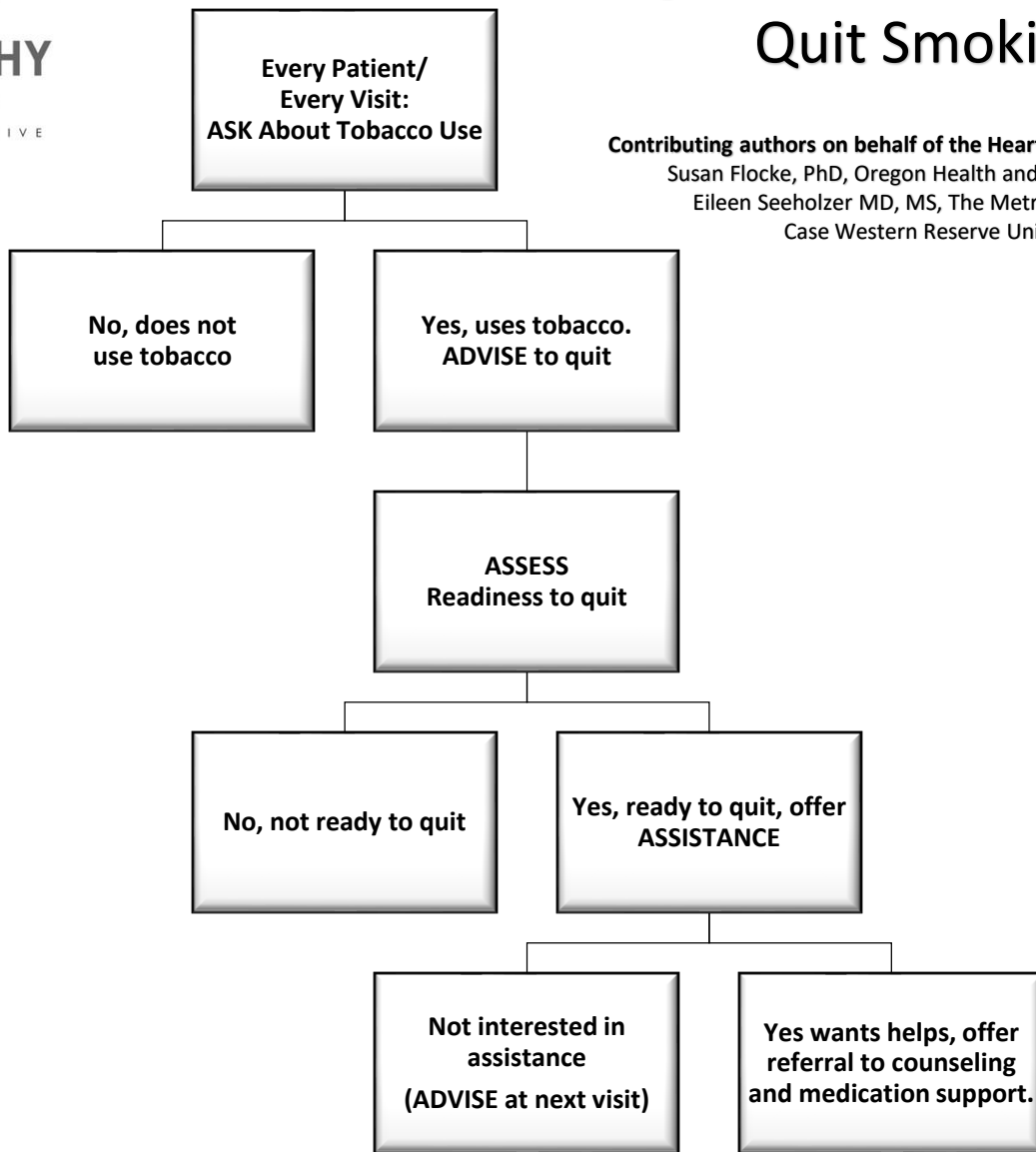




# Using the 5As to Help Patients Quit Smoking

Contributing authors on behalf of the Heart Healthy Ohio Initiative:  
 Susan Flocke, PhD, Oregon Health and Science University  
 Eileen Seeholzer MD, MS, The Metrohealth System,  
 Case Western Reserve University



**ASK-ADVISE-ASSESS-ASSIST-ARRANGE**

**ASK**– ask about tobacco status. Routine assessment at every visit is recommended. ‘Have you used tobacco or nicotine products in the past 30 days?’ If yes, provide brief advice.

**ADVISE**– provide brief advice. ‘As a member of your healthcare team, I strongly recommend that you quit.’

**ASSESS** readiness to quit – ‘Are you thinking about quitting in the next 30 days?’

**ASSIST** if ready to quit – offer– ‘Can I connect you with the Ohio Quit line counselors to help you with quitting?’ or ‘Can I connect you with our behavioral health counselors to help you with quitting?’

If no – ‘OK, we are here to help you when you are ready.’

**ARRANGE** follow up – ‘Is it OK to have someone from the office check in with you in a month or so to see how it is going and check if you need additional assistance with quitting?’

**Counseling – referral options:**  
 Quitline\*  
 Behavioral health

**Medication**  
 Combination NRT (patch and gum/lozenge)  
 Varenicline  
 Bupropion

**Consider other supports through smokefree.gov**  
 Texting Programs  
 Apps

**ARRANGE for follow up phone call for check in**

\*QUITLINE: There are 3 ways to have Quitline contact patients directly to provide counseling and nicotine replacement. Using a proactive referral such as the ways indicated below greatly increase the likelihood of patient engagement with counseling services compared to a recommendation to call the toll free number.

1. Have a team member complete the free web referral at <https://ohio.quitlogix.org/enUS/Just-Looking/Health-Professional/How-to-Refer-Patients>.
2. Have your health system set up an e-referrals in the medical record (there is a cost to the health system to create this option).
3. Fax a completed referral to: 1-800-261-6259. Form available at: <https://ohio.quitlogix.org/CMSPages/GetFile.aspx?guid=115b93b6-9deb-4d8c-be47-4d3004805818>