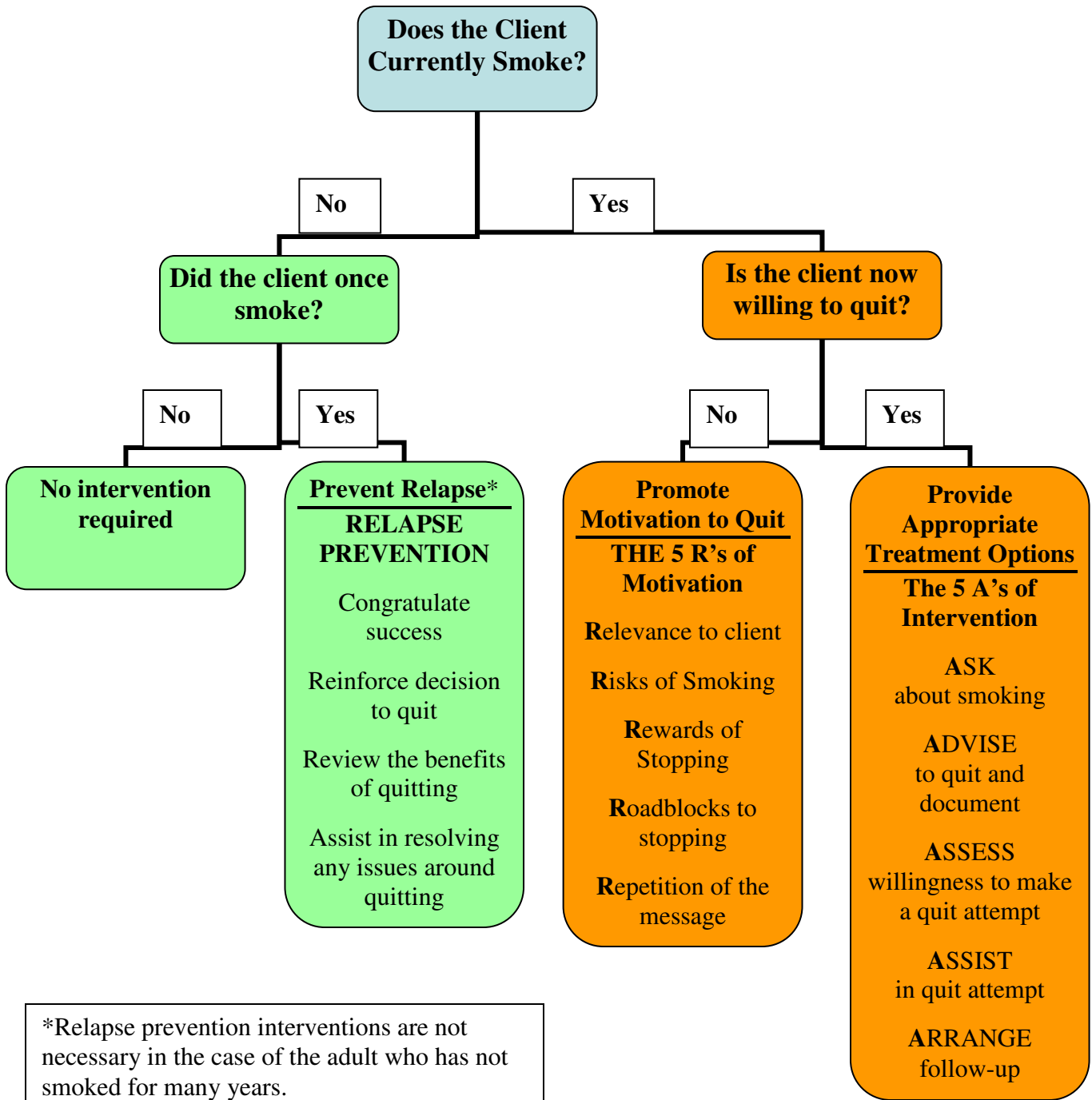


Smoking Cessation Treatment Algorithm



*Relapse prevention interventions are not necessary in the case of the adult who has not smoked for many years.

The 5 A's of Intervention

Ask- 1 minute

Ask the client to describe their smoking status.

- A. I never smoked or smoked LESS THAN 100 cigarettes
- B. I stopped smoking more than 2 weeks ago but less than 1 year ago.
- C. I stopped smoking more than 1 year ago.
- D. I smoke regularly/not thinking of quitting in the next 30 days.

If B or C, reinforce their decision to quit, congratulate and encourage.

If D, document smoking status on their chart. Begin steps below...

ADVISE – 1 minute

Provide clear, strong advice to quit with personalized messages about the impact of smoking on health, urge every tobacco user to quit.

ASSESS – 1 minute

Assess the willingness to make a quit attempt within 30 days.

- Client is willing to make a quit attempt in the next 14-30 days.
- Client is not willing to make a quit attempt (review 5 R's below)

ASSIST – 3 minutes

Recommend the use of approved pharmacotherapy.

Refer to community cessation services or internet when appropriate.

AND/OR

Help the client develop a quit plan.

Provide problem-solving methods and skills for cessation.

Provide social support as a part of the treatment.

Help client obtain extra treatment/social support for quitting in the smoker's environment.

Recommend the use of approved pharmacotherapy.

Provide self-help smoking cessation materials.

ARRANGE- 1 minute+

Assess smoking status every visit, reinforce/encourage cessation.

The 5 R's of Motivation

RELEVANCE - 1 minute

Ask client about how quitting may be personally relevant.

*Longer and better quality of life
healthier

*People you live with will be

*Decrease chance of heart attack, stroke or cancer

*Extra money (\$\$)

*If pregnant, improves chance of healthy baby

RISKS – 1 minute

Ask the client about their perception of short-term, long-term and environmental risks of continued use.

*Acute (breathing, asthma, pregnancy)

*Long-term (heart, lungs, overall health)

REWARDS – 1 minute

Ask the client about perceived benefits/rewards for quitting tobacco use.

*Health (self & others)

*Food taste

*Sense of smell

*Feel better

*Example to others

*Additional years of life

ROAD BLOCKS – 3 minutes+

Ask client about perceived roadblocks to quitting.

*Withdrawal symptoms

*Fear of Failure

*Weight gain

*Lack of Support

*Depression

*Enjoyment of tobacco

REPITITION – 1 minute+

Respectfully repeat 5 R's during each visit, providing motivation and information. Refer

client to **SMOKERS' HELPLINE** websites www.smokershelpline.ca or

www.gosmokefree.gc.ca. Or call 1 (877) 513-5333 as appropriate.