

USING THE 5A'S

ASK • ADVISE • ASSESS • ASSIST • ARRANGE

PATIENT NAME

DATE OF BIRTH

ASK about current tobacco use

- Ask every patient, at every visit, about their tobacco use.

FOR EXAMPLE

- *“Do you use any tobacco or electronic nicotine delivery products, even once in a while?”*
- *“How would you describe your current tobacco use?”*

NOTES

ADVISE them on the importance of quitting tobacco

- Advise the tobacco user to quit; explore or solicit the potential benefits of quitting.

FOR EXAMPLE

- *“Quitting is one of the most important things you can do to improve your overall health.”*
- *“You mentioned wanting to become pregnant, smoking and exposure to tobacco smoke are harmful to reproductive health.”*

NOTES

ASSESS willingness to make a quit attempt

- Assess their desire to quit using tobacco.

FOR EXAMPLE

- *“Do you have a desire to quit smoking/vaping/other tobacco use in the next 30 days?”*
- *“Have you considered quitting?”*

NOTES

ASSIST the quit attempt

BRIEF COUNSELING, MEDICATION/NRT, REFER TO ADDITIONAL RESOURCES

- Assist those who have a desire to quit to access treatment resources.

FOR EXAMPLE

- *“I am happy you want to quit. Would you like to hear about the options to help you quit smoking/vaping/other tobacco use?”*
- *“You’ve talked about being concerned about withdrawal symptoms, would you like to talk about NRT and explore resources for a free starter kit? 1-800-QUIT-NOW offers free and confidential resources.”*

NOTES

ARRANGE a follow-up appointment (in person, virtual visit, or by telephone)

- Arrange a follow-up session to check in on their progress.

- *“I would like to meet with you again in two weeks to discuss your progress.”*
- *“Let’s set up a time to talk about how things are going.”*

NOTES