

# THE BRIEF TOBACCO INTERVENTION

## The 2As & R

### **A**SK about tobacco use:

*“Do you currently smoke or use other forms of tobacco?”*

### **A**DVISE the patient to quit:

*“Quitting tobacco is one of the best things you can do for your health. I strongly encourage you to quit. Are you interested in quitting?”*

### **R**EFER the patient to resources:

**IF READY TO QUIT:** Provide direct referrals to resources that will assist the patient in quitting. Provide direct referrals. Prescribe medications, if appropriate.

*“This is a resource I recommend. It will provide you with support, help you create a plan to quit, and talk to you about how to overcome urges you might have to smoke after you quit.”*

**IF NOT READY TO QUIT:** Strongly encourage patients to consider quitting by using personalized motivational messages. Let them know you are there to help them when they are ready.

### **Recommended resources include:**

- Free telephone-based state tobacco quitlines:  
**1-800-QUIT-NOW**
- The National Cancer Institute’s website:  
**[www.Smokefree.gov](http://www.Smokefree.gov)**
- The National Cancer Institute’s text-messaging quit smoking program: SmokefreeTXT;  
**Text QUIT to 47848**
- The Department of Health and Human Services website:  
**[BeTobaccoFree.gov](http://BeTobaccoFree.gov)**
- Appropriate community-based or local cessation resources (e.g., classes, support groups)

# THE BRIEF TOBACCO INTERVENTION

## The 5As

### **ASK** about tobacco use:

*“Do you currently smoke or use other forms of tobacco?”*

### **ADVISE** the patient to quit:

*“Quitting tobacco is one of the best things you can do for your health. I strongly encourage you to quit. Are you interested in quitting?”*

### **ASSESS** readiness to quit:

*“Are you interested in quitting tobacco?”*

### **ASSIST** the patient in quitting:

**IF READY TO QUIT:** Provide brief counseling and medication (if appropriate). Refer patients to other support resources that can complement your care (e.g., quitlines, Smokefree.gov, SmokefreeTXT, BeTobaccoFree.gov, group counseling).

For tips on how to offer brief counseling, see:  
[www.ahrq.gov/path/tobacco.htm](http://www.ahrq.gov/path/tobacco.htm).

**IF NOT READY TO QUIT:** Strongly encourage patients to consider quitting by using personalized motivational messages. Let them know you are there to help them when they are ready.

### **ARRANGE** for follow up:

Follow up regularly with patients who are trying to quit.

