

# Counseling Steps for Tobacco and NICOTINE CESSATION

Please choose the statement that best describes how much and how often you smoke or vape:

1. I have never smoked or vaped.
2. I currently do not smoke or vape and have used fewer than 100 cigarettes in my lifetime or vaped only nicotine-free e-liquid.
3. I currently do not smoke or vape but have more than 1 year ago.
4. I currently do not smoke or vape but have in the past year.
5. I currently smoke or vape but have recently cut down to \_\_\_ cigarettes or vaping \_\_\_ mL of \_\_\_ mg/mL strength e-liquid a day, or both.
6. I currently smoke or vape and have not tried to cut down the amount, which is \_\_\_ cigarettes or vaping \_\_\_ mL of \_\_\_ mg/mL strength e-liquid a day, or both.

## NATIONAL RESOURCES

- Need Help Putting Out That Cigarette? Booklet: ACOG. 1-800-762-ACOG ext. 882 or [sales.acog.org](http://sales.acog.org)
- [Smokefree.gov](http://Smokefree.gov)
- You Can Quit Smoking: Support and Advice from Your Prenatal Care Provider. AHRQ, CDC, NCI. 1-800-358-9295
- The National Partnership for Smoke-Free Families <http://tobacco-cessation.org/sf/>

## LOCAL AND STATE RESOURCES

(Please use a ball-point pen or pencil)

- Quit Line Number \_\_\_\_\_
- Counseling Services \_\_\_\_\_

(see reverse)

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## Five As for all patients

1. Ask—whether the patient smokes. This is a key component of screening.
2. Advise—to quit. “Quitting is the most important thing you can do for your health.”
3. Assess—willingness to quit. “Are you willing to quit within the next 30 days?”
4. Assist—in developing a quit strategy, including counseling and medication as needed.
5. Arrange—follow up in 30 days to see how the patient is doing.

## Five Rs for patients who are not ready to modify their smoking

1. Relevance—why personally relevant.
2. Risks—list the negative consequences.
3. Rewards—list the benefits of cessation.
4. Roadblocks—identify barriers to quitting.
5. Repetition—review these every visit.

After the first three As, the patient may be referred to a local smoking cessation resource or the national 1-800-QUITNOW line

