

# THE FIVE A's

for Healthcare Professionals

## ASK

**Ask about use at every encounter.**

Include tobacco use as a vital sign.

Assess each patient at every visit.

## ADVISE

**In a clear, strong and personalized manner,  
urge every patient who uses tobacco to quit.**

## ASSESS

**Determine the tobacco user's willingness to make a quit attempt  
at this time** (for example, within the next 30 days).

## ASSIST

**Assist every patient in quitting by either:**

**Helping the patient make a quit plan—**

Setting a quit date.

Identifying social support.

Providing problem-solving, self-help materials during the visit.

Discussing the use of nicotine replacement and other pharmacotherapies.

OR

**Providing a motivational intervention—**

Making advice **Relevant** to the patient; Covering the **Risks** of tobacco use; Including the **Rewards** of quitting;

Asking patients to identify **Roadblocks** to quitting and offering help to overcome them;

**Repeating** the advice at each visit.

## ARRANGE

**Refer the patient to more intensive cessation services and follow up:**

Refer the patient to appropriate treatment.

Follow up at the next appointment.

Send a follow-up letter or assign office staff to make a phone contact.

### Youth Note:

**Anticipate**--Health professionals who care for children and adolescents should remember they may be exposed to environmental smoke and/or use tobacco.

