

THE 5 As

From Treating Tobacco use and Dependence Practice Guidelines by the U.S. Dept. of Health and Human Services, Public Health Service (USPHS), 2000

ASK about tobacco use

"Do you ever smoke or use any type of tobacco?"
"I like to ask all patients this because it is so important."

ADVISE strongly to quit

If **YES** = Strongly encourage to stop—"Quitting is difficult but it's important that you quit as soon as possible and I can help you."
If **NEVER** = Encourage continued abstinence

If **NOT NOW** = Ask, "How long ago did you quit?"

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If less than 6 months = In **ACTION*** stage of change—assist during quitting process, help prevent relapse
If more than 6 months = In **MAINTENANCE*** stage of change—encourage continued abstinence, help prevent relapse

ASSESS readiness to quit

Ask, "Are you thinking about quitting within the next 6 months?"

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If **YES** = ask if thinking about quitting within 30 days

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If **NO** = in **PRE-CONTEMPLATION*** stage of change—continue to ask and offer assistance at every visit

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If **YES** = in **PREPARATION*** stage of change—start "The Plan"

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If **NO** = in **CONTEMPLATION*** stage of change—continue to ask and offer other assistance at every visit

ASSIST with quitting

- Obtain complete tobacco use history
- Discuss reasons/motivation for wanting to quit
- Discuss triggers for tobacco use
- Discuss concerns about weight gain, withdrawals, and relapse
- Set Quit Date
- Refer for individual or group counseling support
- Consider pharmacologic assistance

ARRANGE for follow-up

- Monitor progress with frequent follow-up and encouragement
- Follow-up contact 1 week, 1 month, 6 months, and annually post quit date
- CONGRATULATE** and **ENCOURAGE** continued success

*Adapted from Transtheoretical Model of Change (precontemplation, contemplation, preparation, action & maintenance) by J. Prochaska and C. DiClemente, 1982

THE 5 Rs MOTIVATIONAL TECHNIQUES

From the USPHS Tobacco Guidelines, 2000

Relevance

- Health of the smoker
- Health of others (second-hand smoke affects adults and children)
- Costs of smoking
- Social/environmental pressure
- Personal commitment and control

Risks

- 2x greater risk of stroke
- 6x greater risk of oral cancer
- 10x greater risk of larynx cancer
- 12x greater risk of lung cancer and CAD

Rewards

- **IMMEDIATE** = within minutes to several weeks, B/P decreases, CO level decreases, O₂ level increases
- **IMMEDIATE** = within months to 1 year, respiratory congestion and infections decrease; after 1 year, excess risk of CAD reduced to half of a smoker
- **LONG-TERM** = after 5 years, lung cancer death rate

FAGERSTROM TEST FOR NICOTINE DEPENDENCE (ADULTS)

- How soon after you wake up do you smoke your first cigarette?
 - Within 5 minutes = 3
 - 6—30 minutes = 2
 - 31—60 minutes = 1
 - After 60 minutes = 0
- Do you find it difficult to refrain from smoking in the places where it is forbidden (e.g., in church, at the library, in cinema)?
 - Yes = 1
 - No = 0
- Which cigarette would you hate most to give up?
 - The first one in the morning = 1
 - Any other = 0
- How many cigarettes/day do you smoke?
 - <10 = 0
 - 11—20 = 1
 - 21—30 = 2
 - >31 = 3
- Do you smoke more frequently during the first hours after waking than during the rest of the day?
 - Yes = 1
 - No = 0
- Do you smoke if you are so ill that you are in bed most of the day?
 - Yes = 1
 - No = 0

Total (higher scores indicate higher levels of dependence, e.g.>5)

decreases by almost half; after 5 years, risk of upper airway and esophageal cancer is half of a smoker; after 5—10 years, stroke risk is reduced to that of a nonsmoker; after 10 years, lung cancer death rate similar to a nonsmoker; after 15 years, risk of CAD is that of a nonsmoker

Roadblocks

- Triggers to smoke
- Concern for nicotine withdrawal
- Concern for weight gain
- Relapse

Repetition

- The 5 As and 5 Rs must be repeated at each healthcare setting visit
- Incident of relapse is high (only 2% are successful at 1 year quit date)
- It takes multiple attempts (7—11) to quit before becoming successful
- Counseling and pharmacological treatment increases success to 20—25% at 1 year quit date

A HEALTH CARE PROVIDER'S GUIDE

TO SUCCESSFUL TOBACCO CESSATION INTERVENTIONS

TENNESSEE TOBACCO QUITLINE

HELP YOUR PATIENTS TAKE CONTROL
REFER TO 1-800-QUIT NOW
IT'S FAST, IT'S EASY. IT WORKS, IT'S FREE
1-800-784-8669

<http://health.state.tn.us/tobaccoquitline.htm>

Pharmacotherapies for Smoking Cessation^a

Medication	Availability	Precautions / Contraindications	Adverse Effects	Dosage / Directions	Duration	Cost / Day ^b
Varenicline	Chantix® (prescription only)	Pregnancy (Category C), breast-feeding Not recommended in patients younger than 18 years of age. Caution in patients with renal impairment.	Nausea/Vomiting Constipation/Gas Insomnia Abnormal dreams Headache	Days 1-3, 0.5 mg once daily Days 4-7, 0.5 mg twice daily Days 8 through end of treatment, 1 mg twice daily	12 weeks (if successful, additional 12 weeks recommended)	\$4.20 (based on dose-pack)
Nicotine Gum^c	Nicorette®, Nicorette® Mint (OTC only)	Pregnancy (Category C) ^d Recent (<2 weeks) MI, unstable angina, serious underlying arrhythmias, TMJ disease, difficult to use with dentures	Mouth soreness Dyspepsia Increased salivation	1-24 cigs/day – 2 mg gum (up to 24 pcs/day) ^c 25+ cigs/day – 4 mg gum (up to 24 pcs/day) ^c	Up to 12 weeks	\$4.27 for 10, 2-mg pcs \$6.66 for 10, 4-mg pcs
Nicotine Patch^c	Nicoderm CQ® (OTC only)	Pregnancy (Category D) ^d Recent (<2 weeks) MI, unstable angina, serious underlying arrhythmias, acute and/chronic skin disorders.	Local skin reaction Insomnia	21 mg/24 hours (>10 cigs/day) 14 mg/24 hours (<= 10 cigs/day start here for 6 weeks then 7mg for 2 weeks) 7 mg/24 hours	Weeks 1-6 Weeks 7-8 Weeks 9-10	Patches \$6.29
Nicotine Inhaler^c	Nicotrol® Inhaler (prescription only)	Pregnancy (Category D) ^d Recent (<2 weeks) MI, unstable angina, serious underlying arrhythmias, underlying reactive airway disease.	Local irritation of mouth and throat Insomnia	6-16 cartridges/day	Up to 6 months	\$10.10 (based on 10 cartridges per day)
Nicotine Nasal Spray^c	Nicotrol NS® (prescription only)	Pregnancy (Category D) ^d Recent (<2 weeks) MI, unstable angina, serious underlying arrhythmias, underlying chronic nasal disorders (rhinitis, nasal polyps, sinusitis), severe reactive airway disease.	Nasal irritation Insomnia	8-40 doses/day	3-6 months	\$5.40 (based on 12 doses per day)
Bupropion SR	Zyban® (prescription only)	Pregnancy (Category B), concomitant therapy with meds known to lower the seizure threshold (e.g., antipsychotic/depressants, theophylline, lithium, etc.) MAO inhibitor in previous 14 days, abrupt discontinuation of alcohol or sedatives, Hx of seizure, Hx of eating disorder	Insomnia Dry mouth	150 mg every morning for 3 days, then 150 mg twice daily (Begin treatment 1–2 weeks pre-quit)	7-12 weeks maintenance up to 6 months	\$3.87 (twice a day dosing)

^a The information contained within this table is not comprehensive. Please see package insert for additional information

^b Prices are based on Average Wholesale Price (AWP) July 2007.

^c Instruct patient to chew gum slowly until it tingles, then park it between the cheek and gum. When tingling is gone instruct patient to chew and park it between the cheek and gum for 30 min. No Food or Drinking during gum use.

^d Unless after 20 weeks under special circumstances may use Nicotine Replacement Therapy (NRT). APN may request MD/DO consult as needed.

^e Age less than 18 years (unless ≥ 100 pounds and with parental/guardian consent may use NRT only). APN may request MD/DO consult as needed.