

Quit Plan

Assist people dependent on tobacco by:

» Helping Them Set A Quit Date:

_____, ____/____/____

» Identifying Support Persons Within Health System:

» Developing Problem-Solving Skills

- » Practice some suggestions from “Before Quitting.”
- » Keep “After Quitting” handy after your quit date.

» Providing Medication Cards:

- » Talk about medication options as appropriate
- » Except for people who smoke fewer than 10 cigarettes per day, pregnant/breastfeeding women, and adolescents.

» Offering Self-Help Materials:

- » “The Strength to Quit” Mini Pocket Guide
- » “Stay Healthy, Life Matters” Self-Help Quit Plan

» Referring to Intensive Services through:

National Quitline: **800-QUIT-NOW**
American Indian Commercial Tobacco Program (AICTP):
855-5AI-QUIT

SmokefreeNATIVE: Text **NATIVE** to **47848**
Other Cessation Services:

The University of Arizona HealthCare Partnership

1717 E. Speedway Blvd., Suite 3106

PO Box 210151, Tucson, Arizona 85721-0151

P: (520) 626-9344 F: (520) 626-9355 E: hcpinfo@arizona.edu

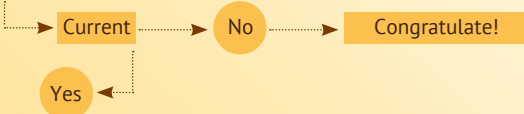
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Intervention Flow Chart

Ask

Ask permission to discuss the person’s use of commercial tobacco at every encounter:

- » Can you tell me about your experience with commercial tobacco/nicotine products?
- » Do you ever use commercial tobacco (smoke or smokeless) or electronic devices (e-cigarettes)?
- » Are you exposed to secondhand smoke or vaping aerosols at home or at work?



Advise

- » Encourage every person using commercial tobacco to quit in a clear, strong, personalized manner.

Assess

- » Willing to set Quit Date within 30 days?



Assist

Unwilling to Quit

- » Provide a *motivational intervention* using the 5 R’s: Relevance, Risks, Rewards, Roadblocks and Repetition.
- » Offer person educational resources

Arrange

- » Remind person that you will ask in the future.

Assist

Willing to Quit

Assist with **Quit Plan**:

- » Quit Date
- » Support Persons
- » Problem-Solving Resources
- » Self-Help Materials
- » Referrals to Intensive Services

Arrange

- » Arrange for follow-up after Quit Date.



Basic Tobacco Intervention Skills for Native American Health

Provider Tool
Clinician Flow Chart



THE UNIVERSITY OF ARIZONA
HealthCare
Partnership

Step 1

Ask permission to discuss the person's use of commercial tobacco at every encounter:

- » Can you tell me about your experience with commercial tobacco/nicotine products?
- » Do you ever use commercial tobacco (smoke or smokeless) or electronic devices (e-cigarettes)?
- » Are you exposed to secondhand smoke or vaping aerosols at home or at work?

Tips:

- » Have a system. Make asking routine and simple.
- » Let the person know that you ask because you care.
- » Be prepared to answer questions about traditional tobacco use.
- » Document tobacco use status, as applicable.

Step 2

Advise all individuals using commercial tobacco to quit.

- » **Clear.** Advise the individual to quit smoking, chewing, or vaping.
- » **Strong.** Explain that quitting is the single most important way to protect themselves and their family.
- » **Personalized.** Make the advice relevant to the individual's unique situation.

Step 3

Assess willingness to make a quit attempt, by asking “Are you willing to set a quit date within 30 days?”
if their answer is... **No**

Step 4

Assist the individual to think about quitting commercial tobacco in the future.

- » Do not pressure the individual into quitting.
- » Promote *motivation to quit* through the **5 R's**:
 - » **Relevance.** Make advice fit the individual.
 - » **Risks.** What are the risks for this individual?
 - » **Rewards.** How will the individual benefit?
 - » **Roadblocks.** What does the individual identify as challenges?
 - » **Repetition.** Promote motivation to quit at all future encounters.
- » Offer self-help materials to stimulate thinking about quitting commercial tobacco.

Step 5

Arrange for follow-up.

- » Let the individual know that you are available when willing to quit.
- » Inform the individual that because quitting commercial tobacco is so important, you will continue to ask.

Step 4

Assist the individual by starting a Quit Plan.

- » Use the “**Stay Healthy—Life Matters**” brochure **Quit Plan** to guide the intervention.
- » Offer the individual the “**The Strength to Quit**” **Mini Pocket Guide** to keep as a reminder of their reasons to quit.
- » Keep it simple. Provide practical counseling.
- » Make use of referrals to support the individual's need for counseling.

Step 5

Arrange for follow-up.

- » Use a reminder system to prompt follow-up.
- » Whenever possible, arrange a follow-up call or visit within a week after the individual's quit date.
- » Congratulate individuals who stay quit for any amount of time and support those who slip or relapse.
- » Reinforce wisdom gained through a quit attempt to help succeed for the next attempt.
- » Keep a positive attitude!

*Truth is to believe,
and to have faith in the Teachings
of the Seven Grandfathers,
by walking your talk.*

