

## 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:**

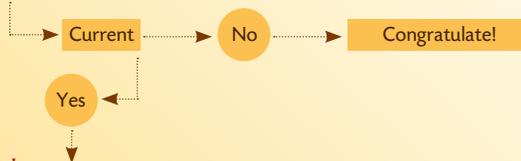
National Quitline: 1-800-QUIT-NOW  
or Other Cessation Services:

\_\_\_\_\_  
\_\_\_\_\_

## Intervention Flow Chart

### Ask

- » Ask if they use commercial tobacco using the multiple choice questions in Step 1 (over)

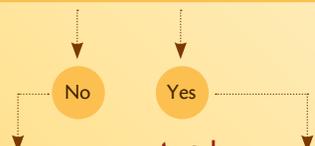


### Advise

- » 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, Rewards, Risk, Roadblocks and Repetition.

### 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



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## Start Here

### Step 1

**Ask** the individual about their commercial tobacco use at every encounter:

- » Do you smoke commercial tobacco?
- » Do you chew commercial tobacco?
- » Do people smoke commercial tobacco in your home or work?

#### Tips:

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

### Step 2

**Advise** all individuals using commercial tobacco to quit.

- » **Clear.** Advise the individual to quit smoking or chewing completely.
- » **Strong.** Explain that quitting commercial tobacco use is the single most important way to protect themselves and their family.
- » **Personalized.** Make the advice relevant to the individual when explaining the benefits of quitting and the consequences of continued commercial tobacco use.

## Unwilling to Quit . . .

### 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.

- » Individuals who are unwilling to quit today may be willing the next time you see them.
- » Do not pressure the individual into quitting.
- » Promote *motivation to quit* through the **5 R's**:
  - » **Relevance.** Make advice fit the individual.
  - » **Rewards.** How will the individual benefit from quitting commercial tobacco?
  - » **Risks.** What are the real risks for this individual?
  - » **Roadblocks.** What factors does the individual identify as challenges in quitting?
  - » **Repetition.** Promote motivation to quit at all future encounters.
- » Offer self-help materials or literature to stimulate thinking about quitting commercial tobacco.

### Step 5

**Arrange for follow-up.**

- » Let the individual know that you are available when he or she is willing to quit.
- » Inform the individual that because quitting commercial tobacco is so important, you will continue to ask about current tobacco use at every encounter.

## Willing to Quit . . .

### Step 4

**Assist** the individual by starting a Quit Plan.

- » Use the “Stay Healthy–Life Matters” Self-Help 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 relapse.
- » Reinforce wisdom gained through a quit attempt to help succeed for 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.*

