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:

Assess

Willing to set Quit Date within 30 days?

» No
» Yes

Assist Unwilling to Quit

» Provide a motivational intervention using the 5 R’s: Relevance, Rewards, Risk, Roadblocks and Repetition.

Assist Willing to Quit

Assist with Quit Plan:

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

Arrange

» Remind person that you will ask in the future.

Arrange

» Arrange for follow-up after Quit Date.
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.

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.

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