

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

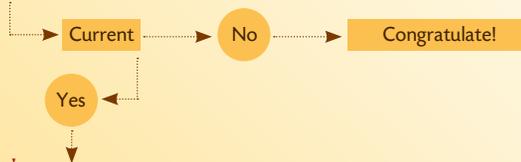
» **Referring to Intensive Services through:**

**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)

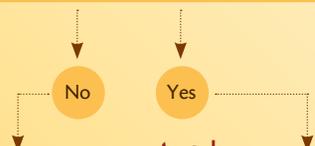


Advise

- » 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

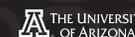
Arrange

- » 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.*

