

Information on Smoking Cessation for the Clinician

The 5As Model for Treating Tobacco Use and Dependence

Ask about tobacco use.	Identify and document tobacco use status for every patient at every visit. (Strategy A1)
Advise to quit.	In a clear, strong, and personalized manner, urge every tobacco user to quit. (Strategy A2)
Assess willingness to make a quit attempt.	Is the tobacco user willing to make a quit attempt at this time? (Strategy A3)
Assist in quit attempt.	<p>For the patient willing to make a quit attempt, offer medication and provide or refer for counseling or additional treatment to help the patient quit. (Strategy A4)</p> <p>For patients unwilling to quit at the time, provide interventions designed to increase future quit attempts. (Strategies B1 and B2)</p>
Arrange follow-up.	<p>For the patient willing to make a quit attempt, arrange for follow-up contacts, beginning within the first week after the quit date. (Strategy A5)</p> <p>For patients unwilling to make a quit attempt at the time, address tobacco dependence and willingness to quit at next clinic visit.</p>

Adapted from Fiore MC, Jaén CR, Baker TB, et al. *Treating Tobacco Use and Dependence: 2008 Update*. Clinical Practice Guideline. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. May 2008.