

## Appendix M: Smoking Cessation – Brief Intervention

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Step 1: **ASK** at every encounter,

- “Do you use tobacco?”
- “Have you ever used tobacco?”
- “Are you exposed to second hand smoke?”

### *Tips:*

- Have a system. Make asking routine and simple.
- Let the person know that you ask because you care and because asking is part of your job.
- It is recommended that asking about tobacco use is included as a vital sign.
- Documentation of tobacco use and intervention should be noted in the client’s medical chart (PHS, 2005).

Step 2: **ADVISE** all tobacco users to quit.

### *Tips:*

- Relevance: Make advice fit the person.
- Rewards: How will the tobacco user benefit from quitting?
- Risks: What risks are real and current for this tobacco user?
- Roadblocks: What does the tobacco user identify as problems in quitting?  
What barriers may affect the client’s readiness to quit?
- Repeat advice at each encounter. Repetition promotes effective outcomes.

Step 3: **ASSESS** tobacco user’s willingness to make a quit attempt

### *Tips:*

- Ask: “Are you willing to set a quit date within 30 days?”

## *Nursing Management of Hypertension*

\*If the tobacco user is **unwilling to talk** about quitting, or is **not ready to set a quit date** within 30 days:

Step 4: **ASSIST** the tobacco user to think about quitting in the future.

### *Tips:*

- Tobacco users who are not ready to quit today may be ready the next time you see them.
- Do not pressure the tobacco user into quitting.
- Offer self-help materials or literature that stimulates thinking about quitting tobacco.

Step 5: **ARRANGE** for follow-up

### *Tips:*

- Let the tobacco user know that you are available when he or she is ready to quit.
- Inform the tobacco user that because it is so important, you will continue to ask about tobacco use.

\*If the tobacco user is **ready to set a quit date** within 30 days:

Step 4: **ASSIST** the tobacco user by starting a simple Quit Plan

### *Tips:*

- Use the Quit Plan to guide the intervention.
- Keep it simple. Avoid counseling or problem solving.
- Make use of referrals to community resources to support the tobacco user's need for counseling.

Step 5: **ARRANGE** for follow-up

### *Tips:*

- Use a reminder system to prompt follow-up contacts.
- Whenever possible, arrange a follow-up call or visit within a week after the tobacco user's quit date.
- Congratulate tobacco users who stay tobacco free and support those who relapse.  
Any time spent quit deserves congratulations. Keep a positive attitude.