

Best Practice Screening and Intervention for Tobacco

<p>1. Ask: Raise the subject</p> <p>Elicit pros & cons</p> <p>Summarize</p>	<p><i>Is it OK if we discuss the health & wellness questionnaire you completed? [If tobacco status not on questionnaire, ask: Do you currently smoke or use other forms of tobacco or e-cigarettes?]</i></p> <p><i>I see that you use tobacco. Help me understand the good things about using tobacco. What are some of the negatives?</i></p> <p><i>So, on the one hand [PROS], and on the other hand [CONS].</i></p>
<p>2. Advise</p> <p>As applicable, tailor message</p>	<p><i>Quitting tobacco is one of the best things you can do for your health. I strongly encourage you to quit. And there's a lot of resources that can help.</i></p> <p><i>I'm sure you know that tobacco use causes health problems, but I just want to make sure you know that tobacco use has also been linked to health problems you've been experiencing like [insert patient condition(s) for which tobacco/smoking is a risk factor].</i></p> <p><i>What do you think about that?</i></p>
<p>3. Assess: Readiness ruler</p> <p>Reinforce positives</p> <p>Ask about lower number</p>	<p><i>On a scale from 1–10, with 1 being not ready at all and 10 being completely ready, how ready are you to quit tobacco use?</i></p> <p><i>You marked _____. That means you're _____% ready to make a change! Why did you choose that number and not a lower one like a 1 or 2?</i></p>
<p>4. Assist</p> <p>If NOT ready:</p> <p>If READY:</p> <p>Brief counseling & meds</p> <p>Link to resources</p> <p>Refer</p>	<p><i>Sounds like you're not ready to quit tobacco just yet, but you have some interest in quitting in that you [repeat reason given for choosing X number instead of a 1 or 2]. What are some steps you can take to get yourself closer to being ready to quit?</i></p> <p><i>Confirm: Are you interested in quitting tobacco?</i></p> <p><i>If they say NO: Strongly encourage to consider quitting by using personalized motivational messages. Let them know you are ready to help them when they are ready to quit.]</i></p> <p><i>If YES: Provide brief counseling and cessation medication if appropriate.</i></p> <p><i>Vermont has some great resources that can increase your chance of quitting for good. Would you like to hear about them? [Go over 802Quits flyer.]</i></p> <p><i>Encourage patient to visit www.802quits.org to learn more about all the resources and to sign up to quit online.</i></p> <p><i>May I make a referral for you to either the Vermont Quitline or to a Quit Partner if you're interested in a local class? [If patient agrees, use fax referral.]</i></p>
<p>5. Arrange</p>	<p><i>Follow up regularly with patients who are trying to quit.</i></p>

Readiness Ruler

1 = Not ready at all
10 = Ready right now



How to get free gum, patches and/or lozenges

More than double your chances of success! 802Quits offers free Nicotine Replacement Therapy (NRT) to smokers trying to quit. It is delivered directly to your home.

You can receive free nicotine patches and gum or lozenges. Here are three ways to get free NRT:

- **PHONE:** Sign up for free Quit by Phone coaching. Call [1-800-QUIT-NOW \(784-8669\)](tel:1-800-QUIT-NOW) or use the “Click to Call” button in the [Quit Help by Phone](#) section of the www.802Quits.org web site. Vermonters enrolled in quit coaching can get text support and can get 8 weeks of free NRT shipped to their homes. NRT can be provided to pregnant women with provider approval.
- **IN-PERSON:** Sign up for free [In-person Quit Help](#) with a Vermont Quit Partner in your area. You can find a group near you at <http://802quits.org/in-person-quit-help/find-a-vermont-quit-partner/>. See the In-person Quit Help section of 802Quits.org for a listing of all hospitals offering groups.
- **ONLINE:** Register for free [Online Quit Help](#) with peer support at <http://802quits.org/online-quit-help/> to order your 2-week supply of NRT. If you’re already an Online Quit Help member, look under the Medication link.

If you have Medicaid you can get all of the effective cessation medications, including varenicline and NRT, with a prescription from your doctor (with a small co-pay). To find out more about nicotine replacements and other medications that can help you quit smoking, visit: <http://802quits.org/resources/tips-and-tools/#med>

