

5As GUIDELINE

Brief Tobacco Intervention



ASK ABOUT TOBACCO USE

“Have you used any tobacco products in the past six months?”



ADVISE THE INDIVIDUAL OF THE IMPORTANCE OF QUITTING

(WITH PERMISSION)

Link quitting with improving their current health condition, for example: “Can I share my concerns related to tobacco and your recent heart attack?”



ASSESS THEIR WILLINGNESS TO QUIT USING TOBACCO

“What are your thoughts on reducing or quitting tobacco?”



ASSIST IN A WAY THAT IS APPROPRIATE FOR THEIR STAGE OF CHANGE

Turn over ►



ARRANGE FOLLOW UP WITH ONGOING SUPPORT

- Book a follow appointment for one to two weeks after the quit attempt begins.
- Complete the Nunavut QuitLine fax referral form.
- Refer to the Nunavut QuitLine:
 - By phone 1-866-368-7848
 - Private message Tobacco Has No Place Here on Facebook
 - Email quithelp@gov.nu.ca
 - Live chat on nuquits.ca

STAGE OF CHANGE

PRECONTEMPLATION

[not interested in quitting at all]:

- + Accept the decision.
- + Offer information.
- + Invite the individual to return if they ever do decide to quit tobacco.

CONTEMPLATION

[undecided about quitting; wrestling with the pros and cons]:

- + Ask about their perceived benefits of quitting tobacco [e.g. ask 'On a scale of 1-10, how important is it for you to quit tobacco?'].
- + Promote their personal motivation to quit tobacco [e.g. ask 'What are some of your concerns related to tobacco use?' OR 'What would be the most positive thing about quitting?'].
- + Offer information.

PREPARATION

[wants to quit and is thinking about how they can be successful; thinking about a quit date]:

- + Offer congratulations on their decision to quit using tobacco.
- + Ask about their perceived barriers and potential solutions [e.g. 'So - cigarettes help you manage stress. What are your thoughts on managing stress without cigarettes?'].
- + Discuss Nicotine Replacement Therapy, Zyban™ or Champix™.
- + Discuss a quit date.

ACTION

[has started a quit attempt]:

- + Offer congratulations on their decision to quit using tobacco.
- + Ask how the attempt is going [e.g. 'What's working? What has been difficult?'].
- + Discuss solutions to stated barriers [e.g. 'So - cigarettes help you manage stress. What are your thoughts on managing stress without cigarettes?'].
- + Assess their response to medication [if taking].

RELAPSE

[has started smoking again]:

- + Help reframe the relapse as a learning opportunity.
- + Review the circumstances that led to relapse and explore how they might overcome next time.
- + Ask about readiness for another quit attempt.

