

TOBACCO CESSATION PROTOCOL

- This protocol -the 5 A's - Ask, Advise, Assess, Assist, Arrange -is FOR EVERY PATIENT WHO USES TOBACCO.
- It is to be done at each prophylaxis, periodontal maintenance, or periodontal case presentation appointment.
- The code for the ATF is 01320 and is worth 2 CPU's
- Place the attached sticker in the patient's chart in the treatment notes and mark responses as described below.

1. Ask the patient (mark on sticker)

"Do you currently smoke cigarettes every day ____ or just some days ____"?

If every day, "How many cigarettes per day?" ____ #cigs.

If some days, "How many cigarettes per week?" ____ #cigs.

"How many years altogether have you smoked cigarettes?" ____ # years

"Do you currently use"

- Cigars - How many cigars do you smoke per week? ____ # cigars
- Pipe tobacco - How many pipe bowls do you smoke per week? ____ #bowls
- Chewing tobacco - How many pouches do you use per week? ____ #pouches
- Moist snuff (smokeless tobacco) - How many cans do you use per week? ____ #cans

2. Advise the patient

"As your health care provider, I must tell you that the most important thing you can do to improve your health is to stop using tobacco."

- Document smoking-related lesions and tell patient (**mark on sticker**)
- Tell the patient the oral and general health benefits of quitting; tobacco's contribution to periodontal and oral diseases; smokers respond less favorably to dental treatment than non smokers; necessity of stopping now;
- If lesions does not resolve in 2 weeks biopsy may be indicated. Document changes in follow up visits.

3. Assess the patient

"I'd like to know how interested you are in trying to stop using tobacco now. Tell me on a scale from 1 to 10, where "1" is not at all interested and "10" is very interested, how much do you want to quit NOW? (**mark on sticker**)

IF patient answers #'s 1-6, SAY: "It doesn't really look to me like you are ready to try to quit now. Have I got that correct? (if not, correct score and skip to script for "IF patient answers #'s 7-10"). Of course, I'd like you to think about quitting, but we both know in order for you to quit you've got to want to do it. I'm going to give you some information to read, which will hopefully get you to think about quitting soon. I'll ask you next time you're here if you change your mind. I can help you quit when you're ready to give it a try. Also, you can contact the Quitline for support and free nicotine patches when you're ready to stop."

IF patient answers #'s 7-10, SAY: "I'm glad to hear you say this. It looks to me like your ready to try to quit now. Have I got that correct?" (if not, correct score and go back to script for "IF patient answers #'s 1-6")

4. Assist the patient

"It is a good idea to set a quit date. Are you ready to quit right now?"

IF YES: "Great. Let's start by getting rid of your tobacco. Did you bring any with you today that you're ready to toss out? You need to toss out the tobacco you might have at home or in your car. Put away the ashtrays. It is also a good idea to write down on a piece of paper the reasons why you want to quit and to keep it as a reminder. I'm going to give you some information to read that might help you quit " (**mark on sticker**)

IF NO: "That's OK, most people aren't ready to quit right away. However, I'd like you to pick a quit date in the next week or two. What date would work for you: (**mark on sticker**). Good. It is a good idea to make some changes in your tobacco use behaviors before quitting. For example, you could cut back on how much tobacco you use every day. You can start to limit where you allow yourself to use tobacco. It is a good idea to tell other people that you're going to quit. . It is also a good idea to write down on a piece of paper the reasons why you want to quit and to keep it as a reminder. I'm going to give you some information to read that might help you plan for your quit (insert on sticker that material given to patient).. On your quit date, I want you to get rid of your tobacco. Put away the ashtrays."

"Would you like some help to quit?"

IF YES: "Sometimes it helps to use nicotine medication to reduce the urges to smoke after you quit. I have some free nicotine patches I can offer, but the patch is not for everyone. Are you interested?"

IF YES: "I need you to fill out the information on this questionnaire to see if you qualify for the free patches".

IF MEDICAID: Medicaid clients are eligible for prescription stop smoking medications. If the smoker is interested in using medications consider writing a prescription for a nicotine patch.

IF NO "OK, I'm going to give you some information about the QUITLINE just in case you might need some help. They offer free nicotine patches to eligible smokers, so you can give them a call if you want"

5. Arrange for the patient

"Can I have someone call you to see how you're doing with your quit attempt?"

IF YES, "When would be a good time to call?" _____

"What number should we call you at?" _____