Smoking Cessation Treatment Algorithm

Does the Client Currently Smoke?

- No
  - Did the client once smoke?
    - No
      - No intervention required
    - Yes
      - Prevent Relapse*
        - RELAPSE PREVENTION
          - Congratulate success
          - Reinforce decision to quit
          - Review the benefits of quitting
          - Assist in resolving any issues around quitting
  - Yes
    - Is the client now willing to quit?
      - No
        - No intervention required
      - Yes
        - Promote Motivation to Quit
          - THE 5 R’s of Motivation
            - Relevance to client
            - Risks of Smoking
            - Rewards of Stopping
            - Roadblocks to stopping
            - Repetition of the message

*Relapse prevention interventions are not necessary in the case of the adult who has not smoked for many years.

Provide Appropriate Treatment Options
- The 5 A’s of Intervention
  - ASK about smoking
  - ADVISE to quit and document
  - ASSESS willingness to make a quit attempt
  - ASSIST in quit attempt
  - ARRANGE follow-up

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The 5 R’s of Motivation

Ask client about how quitting may be personally relevant.

* Longer and better quality of life
* People you live with will be healthier
* Decrease chance of heart attack, stroke or cancer
* Extra money ($$)
* If pregnant, improves chance of healthy baby

RISKS – 1 minute

Ask the client about their perception of short-term, long-term and environmental risks of continued use.

* Acute (breathing, asthma, pregnancy)
* Long-term (heart, lungs, overall health)

REWARDS – 1 minute

Ask the client about perceived benefits/rewards for quitting tobacco use.

* Health (self & others)
* Sense of smell
* Example to others
* Food taste
* Feel better
* Additional years of life

ROAD BLOCKS – 3 minutes+

Ask client about perceived roadblocks to quitting.

* Withdrawal symptoms
* Fear of Failure
* Weight gain
* Lack of Support
* Depression
* Enjoyment of tobacco

REPTITION – 1 minute+

Respectfully repeat 5 R’s during each visit, providing motivation and information. Refer client to SMOKERS’ HELPLINE websites www.smokershelpline.ca or www.gosmokefree.gc.ca. Or call 1 (877) 513-5333 as appropriate.

The 5 A’s of Intervention

Ask- 1 minute

Ask the client to describe their smoking status.

A. I never smoked or smoked LESS THAN 100 cigarettes
B. I stopped smoking more than 2 weeks ago but less than 1 year ago.
C. I stopped smoking more than 1 year ago.
D. I smoke regularly/not thinking of quitting in the next 30 days.

If B or C, reinforce their decision to quit, congratulate and encourage. If D, document smoking status on their chart. Begin steps below…

ADVISE – 1 minute

Provide clear, strong advice to quit with personalized messages about the impact of smoking on health, urge every tobacco user to quit.

ASSESS – 1 minute

Assess the willingness to make a quit attempt within 30 days.

* Client is willing to make a quit attempt in the next 14-30 days.
* Client is not willing to make a quit attempt (review 5 R’s below)

ASSIST – 3 minutes

Recommend the use of approved pharmacotherapy.
Refer to community cessation services or internet when appropriate.

AND/OR

Help the client develop a quit plan.
Provide problem-solving methods and skills for cessation.
Provide social support as a part of the treatment.
Help client obtain extra treatment/social support for quitting in the smoker’s environment.
Recommend the use of approved pharmacotherapy.
Provide self-help smoking cessation materials.

ARRANGE- 1 minute+

Assess smoking status every visit, reinforce/encourage cessation.