

# Smoking Cessation



## Making Hospital-Wide System Level Changes That Succeed

### Utilize the 5 Major Steps to Intervention: the 5 A's

- 1. Ask**—Identify and document tobacco use status for every patient
- 2. Advise**—In a clear, strong, and personalized manner, urge every tobacco user to quit
- 3. Assess**—Is the tobacco user willing to make a quit attempt at this time?
- 4. Assist**—For the patient willing to make a quit attempt, use counseling and pharmacotherapy to help him/her quit.
- 5. Arrange**—Schedule follow-up contact, in person or by telephone, preferably within the first week after the quit date

#### Determine percentage of all smokers entering a hospital who smoked in past 30 days

1

- Admission sheets
- Face to face contact (2–4 weeks)

#### Actively screen all smokers

2

- Utilize computerized admission forms
- Incorporate into nursing histories
- Integrate as part of standing CCU/CSU admission orders
- Use patient sitckers

#### Expect all health care professionals to intervene

3

- Ask about smoking status appropriately
- Offer motivational interview
- Document, document, document (tracking form, progress notes)

#### Train all MD's to respond

4

- Ask about smoking status appropriately
- Offer strong, credible message about quitting
- Determine need for pharmacological therapy
- Document, document, document (tracking form, progress notes)

#### Consider a system to offer self-help materials and behavioral counseling

5

- Standardize patient education materials
- Utilize closed-circuit television for videotapes
- Determine who can be trained to provide behavioral counseling (i.e. volunteers, candidate medical students, chaplains, nurses, psychologists)
- Use patient sitckers

#### Determine a mechanism for follow-up

6

- Use smoking interventionists to undertake patient follow-up
- Offer telephone contact by health care professionals already making calls
- Integrate calls within public health department
- Use centralized telephone system for all smokers within community
- Document, document, document

