

Brief Tobacco Intervention

Ask – Advise – Refer

Step 1:

Ask

about tobacco
use

- Ask every client about tobacco use at every visit.
- Ask if patient is a current or former tobacco user.
- Ask what kind of tobacco is used and how often.
 - *“Do you currently smoke or use other forms of tobacco?”*

Step 2:

Advise

patient to quit

- Advise every tobacco user to quit.
- Advise those who’ve tried but failed, to try again. Let patient know that most people try repeatedly (an average of 3 to 8 times) before permanent quitting is achieved.
- Employ the teachable moment: link health findings with advice.
 - *“Quitting tobacco is one of the best things you can do for your health. I strongly encourage you to quit. Are you interested in quitting?”*

Step 3:

Refer

patient to the
Nevada Tobacco
Quitline

- Refer patient to the Nevada Tobacco Quitline 1-800-QUIT-NOW and inform them that a counselor from the Nevada Tobacco Quitline will provide a follow-up.
- If not ready to quit: Let them know you are there to help them when they are ready.
 - *“This is a resource I recommend. It will provide you with support, help you create a plan to quit, and talk to you about how to overcome urges you might have after you quit.”*