

How to use the Brief Tobacco Cessation Intervention Form

The following information is related to the use of an office brief tobacco use cessation intervention using a check off form to obtain a patients tobacco use history.

Simple, brief tobacco use intervention services can easily be part of the routine office schedule. Protocols for an office team approach involve the 5 A's:

1. **ASK** every patient whether he/she uses tobacco
2. **ADVISE** users about the risks of tobacco use and benefits of a tobacco-free lifestyle
3. **ASSESS** their willingness to make a quit attempt (stage of change)
4. **ASSIST** them in quitting, and
5. **ARRANGE** for follow-up

Patient tobacco use information should be recorded on a **Brief Tobacco Cessation Intervention** form (made into a progress notes sticker or included in the office electronic records). This form follows the explanation of the 5 A's.

The **ASK** questions determine the type and amount of tobacco used, number of years used, how soon it is used after waking, previous quit attempts (number, longest quit period, and methods used). This information helps to give us an idea of how dependent an individual is on tobacco. Those who are more strongly addicted smoke 25 or more cigarettes a day (or a can of snuff or pouch of chewing tobacco every two days); use tobacco within the first one-half hour of arising; and have attempted to stop before with possible withdrawal symptoms. The reasons why an individual wants to quit is also helpful information.

ADVISE all users about the effects of tobacco use on their oral health and treatment results and emphasize the many benefits of a tobacco-free lifestyle.

ASSESSing the users willingness to quit (stage of change) helps determine how we can best assist them.

For individuals not at all interested in quitting (**Precontemplation**), we should raise their awareness about the effects of their tobacco use on oral diseases and better treatment results and long term oral health if tobacco-free.

It is important to let them know that your office would be happy to help them if they do become interested in quitting.

For individuals contemplating cessation but not ready to set a quit date (**Contemplation**), we can also emphasize the benefits of change to help them resolve their ambivalence. We can also inform them of referral sources and pharmacotherapy possibilities that can be used when they are ready to set a quit date.

For individuals who are ready to quit within the next month and want more help (**Preparation for Action**), we can refer to telephone helplines, or group or individual counseling programs. We should provide those interested with a list of local tobacco quit programs and telephone helplines. If there are no medical contraindications, pharmacotherapy should also be strongly considered.

The 5 A's intervention form lists some possible ways of **ASSIST**ing those interested in making a quit attempt:

- self-help pamphlets and materials
- list of local community group/individual quit programs and phone helplines
- encourage a quit date (for those who are ready)
- pharmacotherapy Rx _____

ARRANGEing for follow-up of those who have set a quit date is extremely important. It is a good idea to ask their permission for follow-up phone calls. When tobacco users are approached in a low-key, nonjudgmental, respectful and sensitive manner, they are very appreciative of our support and concern and are quick to spread the word. Increased referrals are a definite additional benefit.

Brief Tobacco Cessation Intervention

The **Brief Tobacco Cessation Intervention** form on the following page can be reduced in size and made into a progress note sticker (a light color would make it easier to identify) or it can be added to your electronic records.

This form is only an example of what can be used in an office tobacco cessation program. You should make changes to fit your needs.

Following the **Brief Tobacco Cessation Intervention** form are a listing of **Tobacco Cessation Pamphlets** that can be ordered, followed by and an example of **Quit Tobacco Use Programs** that can be used as a patient handout. The quit programs should be individual and group programs and telephone helplines in your local area.

Brief Tobacco Cessation Intervention

Date _____

Patient Name _____

Chart # _____

Medical concerns and medications:

ASK

- ✓ Number of cigarettes____, cigars____, pipe bowls____ per day
- ✓ Number of ST cans/pouches per week ____
- ✓ Number of years used ____
- ✓ How soon after you wake up do you use tobacco?
 within 30 minutes more than 30 minutes
- ✓ Previous quit attempts
of attempts ____ longest quit period ____ method(s) used _____
how long ago was last attempt to quit....years____ months____
- ✓ Reasons for wanting to quit _____

ADVISE about the oral benefits of quitting

ASSESS willingness to make a quit attempt (Stage of Change)

- Precontemplation (stop here & re-assess next visit) Contemplation Preparation

ASSIST (depending on stage of change)

- self-help pamphlets & materials
- list of local community group/individual quit programs and phone helplines
- encourage a quit date (for those who are ready)
- pharmacotherapy: nicotine gum / lozenge / patch / inhaler / NS / Zyban / Chantix
Rx _____(D1320)

ARRANGE follow-up if set a quit date (with permission)

Quit date _____ Phone calls or visits: Week 1-2 _____ Month 1____, 3____, 6____, 12____

Comments:

It is important that any pharmacotherapy prescribed or recommended be listed in the progress notes or on the intervention form. It should be stated that this is for the control and prevention of oral disease. ADA code D1320: Tobacco counseling for the control and prevention of oral disease.

There are many tobacco cessation self-help pamphlets available. The following are some pamphlets that could be used to **ASSIST** those interested in quitting.

Tobacco Cessation Pamphlets

Smoking Cessation:

Clearing the Air

NCI: 1-800-4-CANCER #133 (shipping charge)

Why do you smoke?

NCI: 1-800-4-CANCER #P145 (shipping charge)

Smart Move! A stop smoking guide

ACS: 1-800-227-2345 #2515 (free)

Thinking about quitting smoking?

ADA: 1-800-947-4746 #W126 (\$39/100)

Tobacco & Periodontal Diseases: Targeting Tobacco Use

AAP: 1-312-573-3253 (\$50/100)

Want 3 good reasons to quit smoking?

ACS: 1-800-227-2345 #2719 (free)

Why start life under a cloud?

ACS: 1-800-227-2345 #2717 (free)

The smoke around you

ACS: 1-800-227-2345 #2060 (free)

When smokers quit

ACS: 1-800-227-2345 #5602 (free)

Cigar smoking

ACS: 1-800-227-2345 #2603 (free)

Smokeless Tobacco:

Quitting spitting

ACS: 1-800-227-2345 #2090 (free)

Smokeless tobacco..Think before you chew

ADA: 1-800-947-4746 #W190 (\$39/100)

Some tobacco users interested in quitting, especially those who have tried unsuccessfully a number of times, are willing to attend an individual or group counseling program or use a tobacco phone helpline.

The office should provide a list of local programs and helplines to those who are interested. The following is only an example of what a list might look like. List programs in your area.

Quit Tobacco Use Programs

Community Programs

Minnesota's toll-free Tobacco Helpline (Quit Plan): 1-888-354-PLAN

Free, one-on-one telephone counseling, a quitting plan designed for you, information on medications and quitting techniques.

Free nicotine replacement products are provided to those without medical insurance coverage for tobacco cessation medications if they go through tobacco counseling sessions.

American Lung Association

"Freedom from Smoking" 8 session program

Metro & greater MN: 651-227-8014

Classes available in your community. Call for locations.

Nicotine Anonymous (12 step counterpart to AA)

www.nicotine-anonymous.org (click on meetings for a list of meetings in your area)

Internet Programs

For smokers: www.quitplan.com

For smokeless tobacco users: www.chewfree.com

Individual Counseling Program

University of Minnesota School of Dentistry Tobacco Cessation program

A customized, multi-component program that provides individual counseling and long-term follow-up. First appointment \$50, additional sessions \$25 each

For more information call (612) 626-0440

School of Dentistry Tobacco Cessation program web site: www.umn.edu/perio/tobacco

Inpatient Program

Mayo Nicotine Dependence Center

8 day residential program

Rochester, MN

Referrals: 1-800-344-5984 or (507) 266-1930