

ASK AND ACT

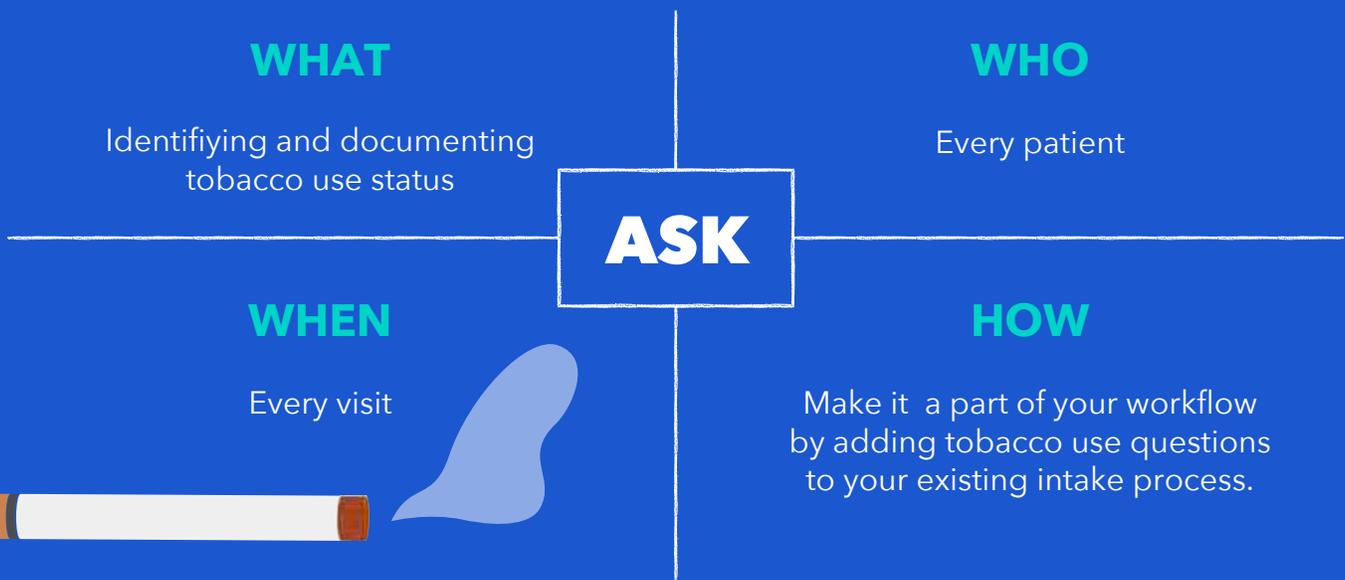
Every Patient, Every Visit, Every Time

Successful clinical interventions for tobacco use ensure that smokers are identified, advised to quit, and offered evidence-based treatment. One approach is to use the 5 A's model for tobacco cessation:



ASK, ADVISE, ASSESS, ASSIST, ARRANGE

But there's also another model for helping patients quit. ASK and ACT, which was developed by the American Academy of Family Physicians, is a way of approaching the traditional 5 A's model for tobacco cessation to help ensure all patients who use tobacco are identified (ASK) and helped to quit (ACT).



Remember: Include questions about electronic nicotine delivery systems (ENDS) like e-cigarettes and vaping devices, in addition to cigarettes and smokeless tobacco.

ACT

If a patient is identified as a tobacco or ENDS user, the next step is to act to help them quit.

1. **ADVISE** the patient to quit.



2. **ASSESS** their willingness and readiness to quit.



3. **ASSIST** in the creation of a quit plan: Counseling and medication together work best to help quit combustible cigarettes – work with the patient to identify the support that is appropriate for them.



4. **ARRANGE** a follow-up plan, beginning as early as one week after the quit date. Use phone calls, e-visits, e-mail to monitor your patient's progress and help them stay motivated.



If they're not ready to quit yet, reassess them using ASK + ACT at every office visit.

Ask and Act.
Every patient, every visit, every time.

References:

American Academy of Family Physicians. Treating Tobacco Dependence Practice Manual: a Systems-Change Approach. Ask and Act A Tobacco Cessation Program. 2017.