The 5 A's are a 10-minute decision support tool for clinicians to assist patients to quit smoking.

1. **Ask** about tobacco use
   - Ask each patient this question on arrival: “Have you smoked in the last 30 days?”

2. **Assess** patient readiness to quit
   - “Do you want to quit smoking?”
   - Are you nicotine dependent?
   - How many cigarettes do you smoke a day?
   - When you wake up each day, when do you smoke your first cigarette?
   - Are you currently using medicine to help you quit?

3. **Advise** all smokers to quit
   - “As a health professional, the best advice I can give you is to stop smoking.”
   - “Giving up smoking is hard; however, it will help with (healing, finances, medication).”
   - “In the hospital, we have NRT (patches/gum) that you can try whether you are currently having cravings or not.”

4. **Assist** with medication and practical counseling
   - Offer NRT, Bupropion, and Varenicline
   - Offer practical counseling (motivational interviewing)
   - It is always safer to use NRT than to continue smoking.
   - Smoking Cessation Medications:
     - Relieve nicotine withdrawal
     - Increase chances of quitting

5. **Arrange** for a follow-up or referral
   - Schedule a follow-up visit within 2-4 months.
   - FREEDOM FROM SMOKING 1-800-LUNG-USA
   - Toll-free line available in Kentucky 1-800-QUIT-NOW

Embracing the 5 A's can help you guide patients toward smoking cessation.

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