

# 5 A's

## The Brief Interventions for Smoking Cessation



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

**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."

3

**Assess** patient readiness to quit

"Do you want to quit smoking?"

How many cigarettes do you smoke a day?

Are you nicotine dependent?

When you wake up each day, when do you smoke your first cigarette?

Are you currently using medicine to help you quit?

4

**Assist** with medication and practical counseling

**Smoking Cessation Medications:**

- Relieve nicotine withdrawal
- Increase chances of quitting



Offer NRT, Bupropion, and Varenicline



Offer practical counseling (motivational interviewing)

It is always safer to use NRT than to continue smoking.

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.

For more information, contact Zim Okoli, PhD at 859-323-6606 or [ctokoli1@uky.edu](mailto:ctokoli1@uky.edu).

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