

Smoking Cessation Guideline



ASK (1 minute)

- ◆ Ask every patient at every visit, including hospital admissions, if they smoke.

ADVISE (1 minute)

- ◆ Urge every tobacco user to quit with a personalized message about the benefits of quitting.

ASSESS (1 minute)

- ◆ Assess the willingness of the patients to attempt to quit within the next 30 days.
- ◆ If the patient is ready to quit, proceed to ASSIST.
- ◆ If the patient is not ready, provide information to motivate the patient to quit and proceed to **ARRANGE**.

ASSIST (3 minutes +)

- ◆ Refer patients to the NYS Quitline 1-866-NYQUITS (1-866-697-8487) for cessation counseling and information.
- ◆ Inform patients about pharmacotherapy options.

and/or

- ◆ Suggest and encourage use of problem-solving methods and skills for smoking cessation (e.g. identify “trigger” situations).
- ◆ Provide social support as part of the treatment (e.g., “we can help you quit”).
- ◆ Arrange social support in the smoker’s environment (e.g., identify “quit buddy” and smoke-free space).
- ◆ Provide self-help cessation materials.

ARRANGE (1 minute +)

- ◆ Assess smoking status at subsequent visits and, if the patient continues to smoke, encourage cessation.

