

## VHA/DoD Clinical Practice Guideline for Tobacco Use Cessation (TUC)

- Ask** Review tobacco use at *every healthcare encounter*
- ◆ Current user
  - ◆ Former user
  - ◆ Never user
- Advise** Strongly urge all tobacco users to quit
- Emphasize**
- ◆ Hazards of use
  - ◆ Benefits of quitting
  - ◆ Link to co-morbidities and health concerns
- Assess** Determine willingness to make quit attempt
- ◆ Ready
  - ◆ Not Ready
  - ◆ Uncertain

**Remember: You don't have to do it all... train and empower your staff in the 5 A's.**

### Populations At Risk

- ◆ Adolescent
- ◆ Pregnancy
- ◆ Co-morbid illness (physical/mental)
- ◆ Multiple quit attempts/ Relapse

- Assist** Help the patient quit
- ◆ Refer to existing intensive TUC program
  - ◆ Initiate office-based brief intervention
    - Education
    - Self-help material
    - Pharmacotherapy
- Arrange** Schedule follow-up in person, or by web or telephone

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VA access for guidelines: <http://www.oqp.med.va.gov/cpg/cpg.asp>

DoD access for guidelines: <http://www.cs.amedd.army.mil/Qmo>

