

# THE 5 A'S OF TOBACCO CESSATION



## A Guide to Helping Patients

Nurses can play a key role in increasing rates of tobacco cessation in communities across the US. Start with the 5 A's:

### 1 Ask

Identify and document tobacco use status for every patient at every visit.

### 2 Advise

In a clear, strong, and personalized manner, urge every tobacco user to quit.

### 3 Assess

Is the tobacco user willing to make an attempt to quit at this time?

### 4 Assist

For patients willing to make a quit attempt, use counseling and pharmacotherapy to help them quit.

### 5 Arrange

Schedule follow-up contact, in person or by telephone, preferably within the first week after the quit date.

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For more details on the 5 A's, visit [cdc.gov/tobacco/basic\\_information/for-health-care-providers/pdfs/hcp-conversation-guide.pdf](https://www.cdc.gov/tobacco/basic_information/for-health-care-providers/pdfs/hcp-conversation-guide.pdf)

1.800.QUIT.NOW (1.800.784.8669) or 1.855.DÉJELO.YA (1.855.335.3569)

# HOW TO COMBAT WITHDRAWAL SYMPTOMS

▶ Your patients may experience some of these withdrawal symptoms when initially stopping tobacco use. Here are a few things you can do to help them cope and avoid triggers.



## Anxiety/Irritability

### How to combat:

- ✓ Exercise.
- ✓ Contact a friend for support.
- ✓ Take a few slow, deep breaths.
- ✓ Chew sugar-free gum.



## Insomnia/Sleep Issues

### How to combat:

- ✓ Avoid caffeine in the late afternoon and evening.
- ✓ Avoid alcohol.
- ✓ Sleep and wake on a regular schedule.



## Restlessness

### How to combat:

- ✓ Work on a hobby.
- ✓ Try something new.
- ✓ Clean up.
- ✓ Start or finish a project.
- ✓ Create something.



## Hunger

### How to combat:

- ✓ Eat plenty of fruits and vegetables.
- ✓ Avoid high-calorie foods and beverages.
- ✓ Carry sugar-free gum or toothpicks.
- ✓ Drink more water.

## TRIGGERS & COPING STRATEGIES

### SITUATIONS

#### Strategies:

- ✓ Avoid people who use tobacco or ask them not to use tobacco around you.
- ✓ Establish friendships with people who do not use tobacco.
- ✓ Avoid smoke breaks and other social situations where you use tobacco.

### THINGS

#### Strategies:

- ✓ Get rid of cigarettes, matches, lighters, ashtrays, and any other objects that are cues or triggers to engage in tobacco use.
- ✓ Avoid alcohol as it may trigger a desire to smoke.
- ✓ Develop new ways to manage stress such as going for a walk.

### PLACES

#### Strategies:

- ✓ Avoid places where you usually buy tobacco products.
- ✓ Avoid locations where you usually use tobacco.
- ✓ Avoid taking similar routes that may trigger the desire to smoke.

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