

Quit Plan

Assist people dependent on smokeless tobacco by:

- ◆ Helping Him/Her to Set a Quit Date:

_____, ____/____/____

- ◆ Identifying Support Persons Within Their Health System, Community, Friends and Family:

Developing Problem-Solving Skills

- ◆ Practice some suggestions from *Before Quitting*
- ◆ Keep *After Quitting* handy after your quit date

Providing Medication Cards:

- ◆ Discuss medication options as appropriate
- ◆ Except for women who are pregnant/breast feeding, and adolescents

Offering Self Help Materials:

- ◆ *The Words of Wisdom* Mini Pocket Guide
- ◆ *Stay Healthy, Life Matters* Self Help Quit Plan
- ◆ In-house material from your program

Referring to Intensive Services through:

California Smokers' Helpline
1-800-NO-BUTTS

or Other Treatment Services:

Intervention Flow Chart

Ask

Ask if they use smokeless tobacco using the multiple choice questions in Step 1 (over)

↳ **Current** → **No** → **Congratulate!**

Yes

Advise

Encourage every person using smokeless tobacco to quit in a clear, strong, personalized manner.



Assess

Willing to set Quit Date within 30 days?

No

Yes

Assist

Unwilling to Quit

Provide 5 R's :
Relevance,
Rewards, Risk,
Roadblocks and
Repetition



Arrange

Remind him/her that you will ask in the future

Assist

Willing to Quit

Assist with Quit Plan:
Quit Date
Support him/her
Problem Solving Resources
Self-Help Materials
Referral to Intensive Services



Arrange

Arrange for follow-up after Quit Date.



Basic Tobacco Intervention Skills for Native American Health

Provider Tool Clinician Flow Chart



Start Here

Step 1

Ask the individual about their smokeless tobacco use at every encounter:

- ◆ Do you use smokeless tobacco?
- ◆ Do friends/family members use smokeless tobacco at home/work?

Tips:

- ◆ Have a system. Make asking routine and simple
- ◆ Let the person know that you ask because you care
- ◆ Be prepared to answer questions about traditional tobacco use

Step 2

Advise all individuals using smokeless tobacco to quit

- ◆ **Clear.** Advise the individual to quit smokeless tobacco use completely
- ◆ **Strong.** Explain that quitting smokeless tobacco use is the single most important way to protect themselves and their family from disease and disability
- ◆ **Personalize.** Make the advice relevant to the individual when explaining the benefits of quitting and the consequences of continued smokeless tobacco use



Respect your culture
Keep tobacco sacred

Unwilling to Quit...

Step 3

Assess willingness to make a quit attempt, by asking "Are you willing to set a quit date within 30 days?"

if the answer is... **No**

Step 4

Assist the individual to think about quitting smokeless tobacco in the future.

- ◆ Individuals who are unwilling to quit today may be willing the next time you see them
- ◆ Do not pressure the individual into quitting
- ◆ Promote motivation to quit through the **5 R's:**

Relevance. Make advice fit the individual

Rewards. How will the individual benefit from quitting smokeless tobacco?

Risks. What are the real risks for the individual?

Roadblocks. What factors does the individual identify as challenges to quitting?

Repetition. Promote motivation to quit at all future encounters

- ◆ Offer self-help materials or literature to stimulate thinking about quitting smokeless tobacco

Step 5

Arrange for follow-up.

- ◆ Let the individual know that you are available when he or she is willing to quit
- ◆ Inform the individual that because quitting smokeless tobacco is so important, you will continue to ask about it at every encounter

Willing to Quit

if the answer is... **Yes**

Step 4

Assist the individual in starting a Quit Plan.

- ◆ Use the "Stay Healthy – Life Matters" Self Help Quit Plan to guide the intervention
- ◆ Offer the individual the "The Strength to Quit" Mini Pocket Guide to keep as a reminder of their reasons to quit
- ◆ Keep it simple. Provide practical counseling
- ◆ Make use of referrals to support the individual's need for counseling

Step 5

Arrange for follow-up.

- ◆ Use a reminder system to prompt follow-up
- ◆ Whenever possible, arrange a follow-up call or visit within a week of the individual's quit date
- ◆ Congratulate individuals who stay quit for any amount of time and support those who slip or relapse
- ◆ Reinforce wisdom gained through a quit attempt to help succeed for next attempt
- ◆ Keep a positive attitude

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