

THE 3As OF SMOKING CESSATION



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

OTTAWA MODEL
FOR SMOKING CESSATION
IN PRIMARY CARE
MODÈLE D'OTTAWA
POUR L'ABANDON DU TABAC
EN SOINS PRIMAIRES

ASK "HAVE YOU USED ANY FORM OF TOBACCO IN THE LAST 6 MONTHS?"
"HAVE YOU USED ANY FORM OF TOBACCO IN THE LAST 7 DAYS?"

ADVISE "You probably already know many of the risks involves with smoking, but I cannot stress enough how important it is for you to stop. Your _____ (e.g. family history, high cholesterol) makes it even more important for you to quit now. **I WOULD ADVISE YOU TO STOP AS SOON AS POSSIBLE.**"
"Quitting smoking is not always easy, but we can help you with quitting and there are medications available to make quitting easier."

ASSESS "ARE YOU READY TO QUIT IN THE NEXT 30 DAYS?"

YES "It's great to hear that you are ready to make a commitment to stop smoking. I would like to arrange for you to meet with a Smoking Cessation Counsellor, who will work with you to develop your personalized quit plan."

NO "If you do not feel that you are ready to quit smoking, then you should wait. However, there is never really a good time to stop smoking and you should not postpone quitting by waiting for the right time."
"We'd like to check in with you in a few weeks' time to see if you are interested in quitting. Would you be okay with us following up with you in 30 and 60 days' time to see if you are ready to quit? The call will be placed by our Quit Smoking Automated Follow-up Program. If you are interested in quitting at that time, we will arrange to connect you to our Smoking Cessation Counsellor."

Resource: For Smokers Not Ready to Quit

ASSIST

"It's great to hear that you are ready to make a commitment to stop smoking. It's important that you have a plan for quitting smoking."

"Here is a copy of our quit smoking booklet that we can use to set up your quit plan. As part of our appointment today, I'd like to discuss your options for medications to help you quit, select your quit date with you, and review some of the things that you'll want to be ready for once you quit".

"Quit smoking medications are available and have been shown to double or triple the chance of being successful with quitting. There are three types of quit smoking medications that are recommended: Nicotine Replacement Therapy (NRT), and two pill formats; Bupropion/Zyban and a newer product called Varenicline/Champix."

"Do you have a preference?"

"Here is a calendar of the next month. I'd like you to pick your quit date."

ARRANGE

"Our experience shows that taking part in the follow-up program greatly increases your chances of quitting."

"As part of our Smoker's Follow-up System, you will receive brief automated check-in calls that ask you basic questions about how you are doing with quitting. Your answers are reviewed by our Quit Smoking Specialists within 24 to 48 hours. If your answers tell us you are doing well – great! However, if your answers suggest you are having a tough time and could use a little help, one of our experienced Quit Smoking Specialists will call you back to help address the difficulties you are having."

"You can also call the Quit Smoking Specialist directly at any time if you have a question or are struggling."

"We greatly appreciate if you can answer the phone for these calls and let us know how you are doing. You should expect to receive your first call 7 days before your quit date."