

# Tobacco Cessation

## *A Cessation Protocol for Busy Pharmacists*

Although pharmacists are being encouraged to do comprehensive tobacco cessation counseling with patients, in many cases this is impossible due to the time demands found at so many practice sites. This protocol takes these time pressures into account and gives the busy pharmacist a simple, practical plan that can be implemented with all patients!

### **ASK: All patients about tobacco use**

#### **Why:**

- Interactions exist between tobacco smoke and many medications.
- Smoking is the leading preventable cause of death and disability in the world!
- Smoking is causing the illness you are treating, exacerbating symptoms, and/or impeding healing.

#### **What you can say:**

- "Do you smoke or use any type of tobacco?"
- "I take the time to talk to all my patients about tobacco use because it's important for me to provide you the best health care I can."
- "Smoking can interact with the medications you are taking. We need to know your smoking status to make sure you are getting the correct dose."

### **ADVISE: All patients to quit immediately**

#### **Why:**

- You just might be the person this patient will listen to!
- Patients trust pharmacists and will pay attention to offered health advice.
- Quitting is probably the single most beneficial action any user can take to improve his or her health.

#### **What you can say:**

- "I strongly recommend that you quit as soon as possible and I can help."
- "Quitting is probably the single most important action you can take to improve your health now and in the future."
- "Let's review how smoking affects your particular illness and how you will benefit from quitting."

### **REFER: All patients to appropriate cessation resources**

#### **Why:**

- Most patients do not know about the available resources.

- Most patients do not understand the need to make behavior changes.
- Engaging in a formal behavior change program doubles or triples an individual's chance of success.

**What you can say:**

- "Let's review the available resources and determine what's right for you."
- "Call the national quit line number (1-800-QUIT-NOW). They can provide free cessation counseling and support designed just for you."
- "All cessation products have a free behavior change program. I strongly recommend that you enroll in the program offered by fill in product name."

*Content developed by the Pharmacy Partnership for Tobacco Cessation in conjunction with the American Society of Health-System Pharmacists.*