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# *Making It Work*

## *Incorporating cessation practices*



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## *Objectives*

- Recall the brief intervention model: “the 5As”
- Describe the service provided by QuitWorks-RI
- Incorporate a sustainable health systems change in tobacco treatment at your healthcare setting
- Utilize the “3As” and empower your team in smoking cessation

# *Brief 5A Intervention Model*



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**ASK** about tobacco use at every visit

**ADVISE** all tobacco users to quit

**ASSESS** willingness to quit

**ASSIST** the patient in quitting

**ARRANGE** follow-up contact

*Each of these interventions can independently double quit rates*



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*doubles*  
**doubles**

*Your advice to quit*

*Counseling* longer than ten minutes

*Pharmaceuticals* in the form of

**cessation medications or NRT**

A Clinical Practice Guideline for Treating Tobacco Use and Dependence, U.S. Public Health Service, Agency for Healthcare Research & Quality, Revised May 2008

## *Estimated Abstinence Rates by Clinician Type (n=29 studies)*



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<b><i>Type of clinician</i></b>	<b><i>Estimated abstinence rate (95% C.I.)</i></b>	<b><i>Estimated odds ratio (95% C.I.)</i></b>
No clinician	10.2	1.0
Nonphysician clinician	15.8 (12.8, 18.8)	1.7 (1.3, 2.1)
Physician clinician	19.9 (13.7, 26.2)	2.2 (1.5, 3.2)

## Estimated Abstinence Rates by Length of Contact (n=43 studies)



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<b><i>Length Contact</i></b>	<b><i>Estimated abstinence rate (95% C.I.)</i></b>	<b><i>Estimated odds ratio (95% C.I.)</i></b>
No Contact	10.9	1.0
Counseling < 3 minutes	13.4 (10.9, 16.1)	1.3 (1.01, 1.6)
Counseling 3-10 minutes	16.0 (12.8, 19.2)	1.6 (1.2, 2.0)
Counseling > 10 minutes	22.1 (19.4, 24.7)	2.3 (2.0, 2.7)

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## ***Effectiveness of First Line Meds: Results from Meta-Analysis (n=83 Studies)***

Medication	Odds Ratio	Estimated Abstinence Rate
Varenicline	3.1	33.2
Nasal Spray	2.3	26.7
Inhaler	2.1	24.8
Bupropion SR	2.0	24.2
Patch	1.9	23.4
Gum	1.5	19.0

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