



ASSIST: Positive Reinforcement

Recent Quitter

Ask: “How long has it been since you quit?”

“Do you still have any urges to use tobacco or any challenges to remaining tobacco free?”

Reinforce their Quit Plan steps.

- Most relapse occurs within the first 2 weeks after the quit date and the risk decreases over time.

Relapse Prevention

Identify specific challenges

- If patient feels a lack of support, offer to follow up, refer to counseling resources, and suggest identifying sources of support in home environment
- If patient is experiencing strong or prolonged withdrawal symptoms, consider extending medication or adding/combining medications
- If patient is concerned about weight gain, emphasize the importance of a healthy diet and active lifestyle

**Encourage continued abstinence
and congratulate successes**

Arrange follow-up



**Women's Health
Council of RI**

www.womenshealthcouncil.org