



ASK & ADVISE

ASK Systematically identify all tobacco users at every visit. Usage includes cigarette smoking, tobacco chewing, hookah bars and “light” cigarettes.

- “Do you currently use tobacco?”
- “Have you ever used tobacco?”
- “Does anyone in your household use tobacco?”

Identification: Expand vital signs to include tobacco use; place Tobacco Use status stickers on all patient charts; indicate use status via medical records



Women's Health
Council of RI

www.womenshealthcouncil.org

ASK & ADVISE

ADVISE Urge tobacco users to quit in a clear, strong, and personalized manner

- **Clear:** “I think it is important for you to quit using tobacco now and I can help you.”
“Even occasional or light smoking is dangerous.”
- **Strong:** “You need to know that quitting smoking is the most important thing you can do to protect your health now and in the future.”
- **Personalized** to include:

Symptoms and health concerns: “Continuing to smoke makes your asthma worse.”

Social and economic costs

Impact on children and others in household:
“Quitting smoking may reduce the number of ear infections your child has.”

Fiore MC, Jaén CR, Baker TB, et al. Treating Tobacco Use and Dependence: 2008 Update. Quick Reference Guide for Clinicians. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. April 2009.