



ASSIST: Willing to Quit

Help the patient with a quit plan

- Set a quit date
- Tell family, friends, and co-workers and request support
- Anticipate challenges
- Remove tobacco products from work, home, and car

Recommend the use of approved medication: "Medications can increase quitting success and reduce withdrawal symptoms."

- Discuss nicotine replacement therapies: gum, lozenge, inhaler, spray, patch
- Discuss selected anti-depressant therapies: bupropion
- Discuss nicotine receptor agonist therapy: varenicline
- Explain that there is insufficient evidence to recommend medications for pregnant women, adolescents, smokeless tobacco users, and light users



Women's Health
Council of RI

www.womenshealthcouncil.org

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Provide practical counseling

- Strive for total abstinence
- Discuss triggers, challenges, and solutions for each
- Suggest limiting or abstaining from alcohol use
- Suggest the patient urge housemates to quit with them

Provide appropriate resources that are culturally, racially, educationally, and age-appropriate

- QuitWorks RI (complete and fax form)
- Quitline network (1-800-QUIT-NOW)
- QUITNOW for text alerts (text "QUITNOW" to 75309)
- Consider providing free phone cards for patients to seek telephone counseling
- See <http://www.quitnowri.com/> for additional resources

Suggest complementary medicine treatments, such as yoga, relaxation, meditation, massage therapy, hypnosis, acupuncture, or herbal medicine

Arrange for follow-up contacts, either in person or via telephone to monitor progress and offer encouragement.

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. National Cancer Institute, 2010.