

Tobacco Screening & Cessation Counseling: 5As/5Rs



Prenatal **ASK**

Which of the following statements best describes your cigarette smoking?

- A** I have NEVER smoked, or I have smoked less than 100 cigarettes in my lifetime.
- B** I stopped smoking BEFORE I found out I was pregnant, and I am not smoking now.
- C** I stopped smoking AFTER I found out I was pregnant, and I am not smoking now.
- D** I smoke some now, but have cut down on the number of cigarettes I smoke since I found out I was pregnant.
- E** I smoke regularly now, about the same as I did before I found out I was pregnant.

ASK for Non-Pregnant Adults

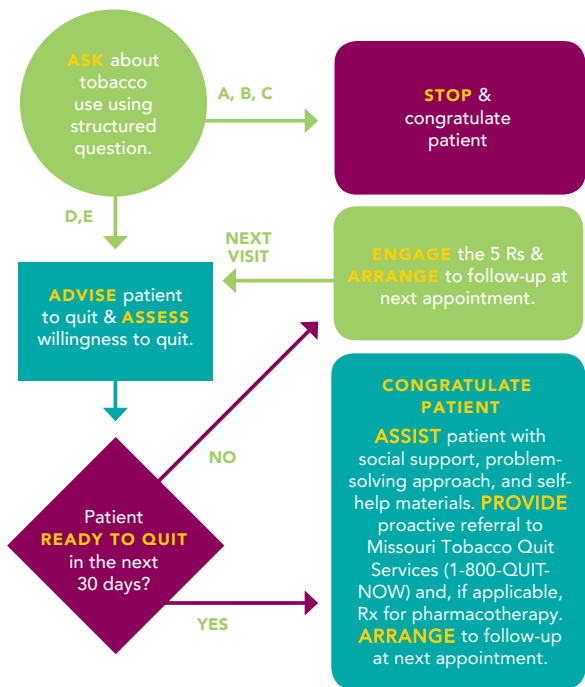
Which of the following statements best describes your cigarette smoking?

- A** I have NEVER smoked, or I have smoked less than 100 cigarettes in my lifetime.
- B** I stopped smoking OVER a year ago.
- C** I stopped smoking LESS THAN a year ago.
- D** I smoke, but not every day.
- E** I smoke daily.

ASK for Other Tobacco Products

Which of the following products have you used in the past 30 days?

- | | |
|---------------------|-----------------|
| E-cigarettes/vaping | Chewing Tobacco |
| Cigars/Cigarillos | Snuff |
| Hookah | Snus |
| Strips | Sticks/Orbs |



5 Rs: When Patients Aren't Ready to Quit

Relevance Help patient to identify why it is personally relevant to quit

Risks Encourage patient to identify negative consequences

Rewards Encourage patient to identify benefits of quitting

Roadblocks Work with patient to identify barriers to quitting & how to overcome them

Repetition Address the 5Rs with patients at each visit

For more information, visit YouCanQuit.org



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