



QUITLINE IOWA

1 800 QUIT NOW | 1 800 784 8669

## Three Minutes, Three Steps. Implementing a brief tobacco intervention in the health care setting.

### 1. Ask about tobacco use.

- Health care practitioners should implement an office-wide system that ensures that tobacco use status is queried and documented at each visit.
- Determine if the patient is currently formerly, or was never a tobacco user.
- Determine what form of tobacco is used.
- Determine frequency of use.
- Document tobacco use status in the patient's medical record.

### 2. Advise patients to quit.

- In a clear, strong, personalized manner urge every tobacco user to quit. Advice should be:  
**Clear:** "I think it is important for you to quit smoking now and I can help you. Cutting down while you are ill is not enough."  
**Strong:** "As your clinician, I need you to know that quitting smoking is the most important thing you can do to protect your health now and in the future. The staff and I will help you."  
**Personalized:** Tie tobacco use to current health or illness, its societal and economic costs, and its impact on children and others in the household.
- Assess patient's willingness to make a quit attempt:  
Determine patient's motivation and confidence levels toward quitting  
Discuss patient's barriers to quitting

### 3. Refer patient to Quitline Iowa

- Assist those interested in quitting by recommending participation in Quitline Iowa's free cessation services.
- If the patient would like assistance, ask him/her to fill in their personal information on the Quitline Iowa fax referral form and make sure they sign the form.  
On the fax referral form, fill out the provider information box. Quitline Iowa will fax back a verification once they receive your fax, a second fax when the client signs up for cessation coaching, and a final fax if the patient successfully completes all eight coaching sessions. The provider signature is only required if the client has a medical contraindication to nicotine replacement therapy.  
Verify the form is completed correctly and fax it to Quitline Iowa at 1-800-261-6259.
- If the patient declines help at this time, give them the Quitline Iowa phone number (1-800-QUIT-NOW) and encourage them to call when ready to make a quit attempt.
- Arrange follow-up contact at the next visit.

For more information visit [www.askadviserefer.org](http://www.askadviserefer.org) or [www.quitlineiowa.org](http://www.quitlineiowa.org)