# 5A's for smoking cessation



If smoking status unknown – ask all patients aged over 10 years when appropriate as part of the HEADSSS assessment.

#### ASK

- "Do you smoke?"
- · "Does anyone in your household smoke?"

If Yes – take smoking history and record category and number per day.



#### ASSESS

Review and record smoking history. Assess stage of change:

- · "Are you ready to stop smoking now?"
- "How do you feel about your smoking at the moment?"

Assess nicotine dependence, past quit attempts, other health problems and special needs.



# See reverse

See reverse

Assessment

for Adolescents

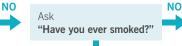
Smoking

Effects of SHS on Your Child's Health

#### ADVISE

All smokers should be advised to quit in a way that is clear but non confrontational e.g.

 "The most important thing you can do for the health of your child is to stop smoking"



Affirm decision to quit and record smoking history and quit date. Give relapse prevention advice if quit less than one year.

Affirm choice not to smoke and record smoking status.

# ASSIST – RECENTLY QUIT

Congratulate.

Review and reinforce benefits.

#### ASSESS NICOTINE DEPENDENCE

Nicotine dependence can be assessed by asking:

- 1. Minutes after waking to first cigarette
- 2. Number of cigarettes per day
- 3. Cravings or withdrawal symptoms in previous quit attempts

Smoking within 30 minutes of waking, smoking more than 10 cigarettes per day and history of withdrawal symptoms in previous quit attempts are all markers of nicotine dependence.

Dependence in young people can also be assessed by the HONC: kidshealth.schn.health.nsw.gov.au/sites/default/files/hooked.pdf

### **ASSIST**

# Minimal intervention:

- Written information e.g. Quit Pack, brochures (available from NSW Health)
- Referral to Quitline phone: 131 848 or fax referral
- Referral to General Practitioner for advice on pharmacotherapy
- Referral to the website icanquit.com.au
- Options on NRT (over the counter and/or prescription)

# ASSIST – NOT READY

Brief advice

Highlight benefits of smoking cessation.

Give information on **Effects of SHS on Children** (see reverse).

Encourage "car and home to be smoke free zone"

# SUCCESSFUL QUITTER

Congratulate.

Give relapse prevention advice.

# ASSIST – UNSURE

# Motivational interviewing:

• "What are the things you like and don't like about your smoking."

# Other options:

- Explore barriers to cessation.
- Explore other mental or physical health issues of relevance.



# ASSIST – READY

Affirm and encourage.

Help patient to develop a **quit plan**.

Assist with **advice on NRT** or prescribe bupropion as indicated.

#### ARRANGE FOLLOW UP

# Quit attempt:

Follow up (phone/in person) **one week** and **one month** after quit day.

Congratulate, review progress and problems, encourage continuance of pharmacotherapy, give relapse prevention advice, encourage use of support services.

#### **RELAPSE**

Explore reasons for relapse and lessons for future quit attempts. Offer on-going support.

Ask again at future consultations.

Any intervention must be documented in the Electronic Medical Record or equivalent at your campus (e.g. Powerchart at CHW under adhoc charting- smoking cessation)



# **SMOKING ASSESSMENT FOR ADOLESCENTS** 1. What grade are you in at school? 4. When was the last time you smoked a cigarette? a. Within the last week 2. Have you ever smoked a cigarette? b. Within the last month ☐ Yes ☐ No c. Within the last year 3. If you smoke cigarettes, do you smoke: d. Greater than one year ☐ Daily? 5. Does your mum smoke? How many cigarettes ☐ Yes ☐ No do you smoke a day? 6. Does your dad smoke? ☐ Weekly? ☐ Yes ☐ No How many cigarettes 7. Do you have any brothers or sisters who smoke? do you smoke a week? ☐ Yes ☐ No ☐ Monthly? 8. What percentage of your friends smoke cigarettes? How many cigarettes a. None do you smoke a month? b. Less than half ☐ Rarely? c. More than half How many cigarettes d. Almost all my friends do you smoke a year? **ADOLESCENT MOTIVATORS ADOLESCENT QUIT TIPS** TO QUIT SMOKING • Enhanced appearance Identify triggers Save money · Learn coping strategies Improved close relationships Prepare environment – throw out cigarettes, let friends and family know Avoid bad breath, stained teeth · Less exposure to chemicals and toxins Drink more water · Belong to a non-smoking crowd Feeling of control Anticipate withdrawal symptoms • Improved health in long-term EFFECTS OF SECOND HAND SMOKE ON YOUR CHILD'S HEALTH

# **Information Stage:**

- · Second hand smoke increases the risk of:
  - » Asthma triggers attacks, increases severity
  - » Lower respiratory tract infections croup, bronchiolitis, bronchitis, pneumonia
  - » Impaired lung function
  - » Otitis media and middle ear effusion
  - » Eye and throat irritation
  - » SIDS

# **Intervention Stage: practical suggestions**

- Do not allow smoking in enclosed spaces
- Designate smoking areas outside
- Remove ashtrays and lighters from inside the home
- Ask visitors to smoke outside
- · Aim to make 'car and home smoke free zone'

For further information and to access free e-learning training on smoking cessation brief interventions, visit kidsquit.org.au

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