

You Can Help Your Patients Quit Tobacco Use



Tobacco use and dependence is a **chronic, relapsing condition** that, like other chronic diseases, may require **repeated intervention** and **long-term support**. Most people who use tobacco want to quit, but most try to quit multiple times before succeeding. As a healthcare professional, you play a critical role in helping people quit using tobacco.

Clinical Intervention Works

- Even brief advice from a provider increases the chance a patient will try to quit.
- Counseling and medication can double a patient's chances of quitting.
- Providing tobacco dependence treatment is reimbursable and covered as a preventive service.
- Providing tobacco cessation support increases patient satisfaction with care.

Advise Quitting and Offer Treatment

- Ask every patient about their tobacco use at every visit.
- Offer patients who use tobacco help quitting at every visit.
- Advise patients who use tobacco that quitting is one of the most important things they can do for their health.
- Offer evidence-based cessation treatment, including counseling and medication.
- Offer referrals to additional cessation resources, including quitlines.
- Follow up with patients to provide support throughout the quitting process.

Quitting is a Journey

- Every quit attempt is a step closer to quitting.
- Help your patients with every quit attempt. Try new strategies like new medications, medication combinations, or new approaches to handling triggers.
- Encourage patients to learn from what did and did not work and to apply these lessons to their next quit attempt.
- Provide ongoing support to help patients quit for good.
- Don't give up! Quitting is hard, but it is possible – 3 out of 5 American adults who ever smoked have quit.

Tobacco use is the **LEADING CAUSE** of **PREVENTABLE DEATH** and disease in the United States.



Every member of the healthcare team can **SUPPORT AND MOTIVATE PATIENTS** in their quit journey.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



Resources to Help Your Patients Quit Smoking

Many resources are available to help you support your patients in their quit attempts. Below are a few you may find to be particularly useful. For more details, links, and resources, visit www.cdc.gov/TipsHCP.

[Treating Tobacco Use and Dependence, Clinical Practice Guideline: 2008 Update](#)

Learn about evidence-based therapies and interventions. A [quick-reference guide](#) for this clinical guideline and the full guideline are available at ahrq.gov.

[Tobacco Treatment Protocol and Action Guide from Million Hearts®](#) at millionhearts.hhs.gov

Use this customizable protocol to integrate cessation interventions into your clinical workflow.

Rx for Change: Clinician-Assisted Tobacco Cessation at rxforchange.ucsf.edu

This free tobacco cessation training program will equip you with evidence-based knowledge and skills to assist your patients with quitting.

U.S. Preventive Services Task Force, [Tobacco Cessation Recommendations](#)

Read the most recent recommendations for adult smoking cessation interventions at uspreventiveservicestaskforce.org.

Patient-Centered Materials from CDC's *Tips From Former Smokers*® Campaign

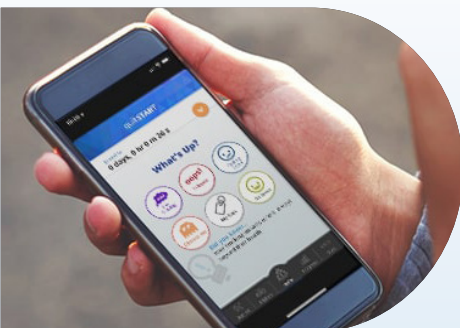
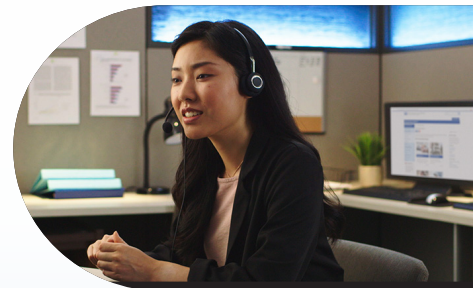
Find a variety of free materials to use in your healthcare setting, including posters, notepads, and patient handouts in the [Patient-Centered Materials](#) section at www.cdc.gov/TipsHCP.

Free Quit Support

QUITLINES

Refer your patients to a quitline for more intensive counseling. Learn more about quitlines, including answers to common questions from health care providers, in the [Quitlines](#) section at www.cdc.gov/TipsHCP.

1-800-QUIT-NOW (English)
1-855-DÉJELO-YA (Spanish)
1-800-838-8917 (Mandarin and Cantonese)
1-800-556-5564 (Korean)
1-800-778-8440 (Vietnamese)



WEBSITES

CDC.gov/quit (English) or CDC.gov/dejar (Spanish)
Smokefree.gov

TEXT PROGRAM: [SmokefreeTXT](#) at smokefree.gov/smokefreetxt

MOBILE APP: [QuitSTART](#) at smokefree.gov/apps-quitstart