## The 5A’s

<table>
<thead>
<tr>
<th>Ask</th>
<th>Inquire about tobacco use at every encounter</th>
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</thead>
<tbody>
<tr>
<td>Advise</td>
<td>In a clear, strong, and personalized manner, advise the patient to quit smoking</td>
</tr>
<tr>
<td>Assess</td>
<td>Determine if the patient is ready to commit to a quit attempt (If not ready, employ the 5R’s)</td>
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<tr>
<td>Assist</td>
<td>Help the patient choose the components of a quit plan and ready his or her environment</td>
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<tr>
<td>Arrange</td>
<td>Put the plan in motion or connect the patient with the appropriate resources to initiate a quit attempt</td>
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</tbody>
</table>

## The 5R’s

| Relevance | Ask the patient to articulate specifically why quitting is important for him or her |
| Risks | Have the patient identify specific risks associated with continued smoking, both to him-/herself and others |
| Rewards | Help the patient identify personal benefits should he or she successfully quit smoking |
| Roadblocks | Help the patient to overcome any barriers to quitting, both real and imagined |
| Repetition | Continue to engage the patient at every encounter until he or she expresses readiness to quit |

## Resources for Patients and Clinicians

1. [https://smokefree.gov/](https://smokefree.gov/): Tips and tools to take the patient from contemplation through sustained abstinence
2. [https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/resources/index.htm](https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/resources/index.htm): Government resources for those wanting to quit; includes links to additional resources from the American Cancer Society, the American Lung Association, and the American Heart Association
3. 1-800-QUIT-NOW: Phone number to access individual state quitlines
4. 1-877-44U-QUIT: National Cancer Institute quitline
5. [https://smokefree.gov/smokefreetxt](https://smokefree.gov/smokefreetxt): Free subscription to motivational text messages for those trying to quit
<table>
<thead>
<tr>
<th>Medicine</th>
<th>Availability</th>
<th>Dosage Forms</th>
<th>Recommended Dosing</th>
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</table>
| Nicotine patch        | OTC          | 7 mg, 14 mg, 21 mg | Apply 1 patch every 24 hours (wear for 16 hours and then remove; may wear overnight if morning cigarette cravings are present)  
If smoking 6-10 cigarettes/day: 14 mg x 6 weeks, 7 mg x 2 weeks  
If smoking 11+ cigarettes/day: 21 mg x 6 weeks, 14 mg x 2 weeks, 7 mg x 2 weeks |
| Nicotine gum          | OTC          | 2 mg, 4 mg    | Weeks 1-6: chew 1 piece every 1-2 hours  
Weeks 7-9: chew 1 piece every 2-4 hours  
Weeks 10-12: chew 1 piece every 4-8 hours  
Chew until mouth tingles, then park in cheek; repeat for 30 min, discard  
Use 2-mg dose if first cigarette is more than 30 minutes after waking  
Use 4-mg dose if smoking more than 25 cigarettes/day or first cigarette is within 30 minutes of waking  
Max 24 pieces/day |
| Nicotine lozenge      | OTC          | 2 mg, 4 mg    | Dosing same as nicotine gum  
Do not chew or swallow  
Occasionally move lozenge from side to side in mouth  
Max 20 lozenges/day |
| Nicotine inhaler      | Rx           | 10-mg cartridge | Titrate to individual effect  
Use 6-16 cartridges/day x 12 weeks  
Gradually titrate down over 12 weeks (patient-specific rate)  
Continuous puffing for 20 min/cartridge is recommended |
| Nicotine nasal spray  | Rx           | 100 mg/mL (10-mL bottle) | Instill 1 spray in each nostril (approximately 1 mg)  
Begin with 1-2 doses every hour  
May titrate to max of 40 doses/day  
Gradually titrate down over 12 weeks (patient-specific rate) |
| Bupropion SR tablets  | Rx           | 150 mg        | Beginning 7 days before planned quit date, take 150 mg/day x 3 days, then 150 mg twice daily  
May use for at least 7 weeks  
Patients with moderate/severe hepatic impairment: 150 mg every other day |
| Varenicline tablets   | Rx           | 0.5 mg, 1 mg  | Begin at least 7 days prior to quit date or may quit anytime between day 8 and 35 if higher serum concentration preferred  
Take 0.5 mg/day for 3 days, then 0.5 mg twice daily through day 7, then 1 mg twice daily  
Continue for 12 weeks  
May take an additional 12 weeks to increase long-term abstinence  
Patients with CrCl <30 mL/min: begin 0.5 mg/day and titrate to 0.5 mg twice daily; hemodialysis patients: max 0.5 mg/day  
Not for use in those younger than 16 years of age |

CrCl, creatinine clearance; OTC, over the counter; Rx, prescription; SR, sustained release.