TALKING TO YOUR PATIENTS ABOUT TOBACCO USE

Use The 5 As

1. **Ask** every patient about tobacco and nicotine use at every visit.
   - “When was the last time you smoked/vaped/used tobacco?”
   - [If applicable] “[Patient’s medical condition] can be caused or worsened by smoking or other tobacco use. Do you smoke or use tobacco?”

2. **Advise** your patient about the importance of quitting or reducing.
   - “Quitting or reducing tobacco is one of the best things you can do to protect your health now and in the future.”
   - "Quitting or reducing vaping can help to protect your health now and in the future"
   - Patients who use both tobacco and vaping products should be advised to switch completely to vaping

3. **Assess** your patient’s readiness to quit or reduce.
   - If patient is ready to quit/reduce: assist in a quit attempt.
   - If patient is not ready to quit/reduce:
     - Continue to Ask-Advise- Assess at future visits.
     - Encourage them to visit quitnow.ca for resources and support.

4. **Assist** in an attempt to quit or reduce.
   - Refer your patient to QuitNow for behavioural coaching with a trained Quit Coach, peer support, and online resources.
   - Discuss medication options that may be right for your patient (see reverse)

5. **Arrange** for a follow up visit.

Your advice can increase your patient’s chances of successfully quitting by 30%.
Prescribing medication for tobacco cessation:

**FIRST-LINE TREATMENTS**
- Varenicline
- Combination NRT (patch + choice of either gum, lozenge, or mouth spray)

If patient preference, contraindication, or intolerance, move to second-line treatments.

**SECOND-LINE TREATMENTS**
- Bupropion
- Single NRT (patch, gum, lozenge, mouth spray)

If one of the above alone is not sufficient to achieve abstinence, consider combining a prescription medication with a NRT product (e.g., varenicline & NRT).

BC residents (including youth) can receive 12 weeks of free or subsidized quit medications (either Option 1 or Option 2) each year through the BC Smoking Cessation Program. Combination NRT is not covered; patients will receive coverage for one product and would pay for the other out-of-pocket.

*Please note that the nicotine inhaler has been discontinued by the manufacturer.*

Prescribing medication for vaping cessation:

**BEHAVIOURAL COACHING** is the primary treatment for vaping cessation. Medication for patients looking to quit vaping should be prescribed on a case-by-case basis.

**FIRST-LINE TREATMENT**
- Varenicline

If patient preference, contraindication, or intolerance, move to second-line treatments.

**SECOND-LINE TREATMENTS**
- Bupropion
- Single NRT (patch, gum, lozenge, mouth spray)

*Please note that the BC Smoking Cessation Program does not currently offer coverage of NRT or quit-smoking medications for those looking to quit vaping.*