

TALKING TO YOUR PATIENTS ABOUT TOBACCO USE

Your advice can increase your patient's chances of successfully quitting by 30%.

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.

PATIENTS CAN RECEIVE SUPPORT FROM QUITNOW



Coaching by phone



Text Tips



Community Forum

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).

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)

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.*

*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.