

ASK Do you smoke or chew tobacco?

NO

YES

ASK Have you ever smoked?

NO

YES

Document on file or chart

ASK When did you quit?

< 6 months ago

> 6 months ago

MAINTENANCE

Offer followup to check progress. Link to community resources for extra support

CONGRATULATE!

Encourage to remain smoke free

ASK Are you willing to briefly discuss your smoking/tobacco use?

NO

YES

ASK What do you think about quitting?

ASSESS Stage of Change

PRECONTEMPLATION

-Not thinking of quitting

CONTEMPLATION

-Thinking of quitting in 6 months

PREPARATION

-Has decided to quit in 1 to 2 months

ACTION

-Quitting now or in a few days

ASSESS Conviction

If you decide to quit how would you benefit?

-Reformulate, Reinforce, Refocus
-Ask to elaborate on personal reasons to quit

ASSESS Confidence

If you really decide to quit smoking, do you think you could do it?

What would prevent you from quitting?
How do you think you can overcome this barrier?

PRECONTEMPLATION

- Not thinking of quitting
- Defensive/Not receptive to information

ADVISE

"Quitting smoking is one of the best things you can do to improve your health"
- Provide with TAR pamphlet and White Ribbon Card
- Offer assistance in the future when they are ready

Document tobacco use, Stage of Change, Conviction and Confidence Scores

Refer to Community Resource
www.makeapact.ca and/or
PACT Pharmacist
www.skpharmacists.ca and/or
Smokers' Helpline
www.smokershelpline.ca