

VA/DoD Clinical Practice Guideline for Tobacco Use Cessation (TUC)

Ask

Review tobacco use at every healthcare encounter
◆ Current user ◆ Former user ◆ Never user

Advise

Strongly urge all tobacco users to quit

Emphasize

- ◆ Hazards of use
- ◆ Benefits of quitting
- ◆ Link to co-morbidities and health concerns

Assess

Determine willingness to make quit attempt
◆ Ready ◆ Not Ready ◆ Uncertain

Remember: You don't have to do it all... train and empower your staff in the 5 A's.

Populations At Risk

- ◆ Adolescent
- ◆ Co-morbid illness (physical/mental)
- ◆ Pregnancy
- ◆ Multiple quit attempts/ Relapse

Assist

Help the patient quit

- ◆ Refer to existing intensive TUC program
- ◆ Initiate office-based brief intervention
 - Education
 - Self-help material
 - Pharmacotherapy

Arrange

Schedule follow-up in person, or by web or telephone

VA access to full guideline: <http://vaww.oqp.med.va.gov>

DoD access to full guideline: <http://www.cs.amedd.army.mil/Qmo>

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