

Goals:

- To establish a statewide tobacco control initiative that reduces tobacco use among Michigan residents.
- To provide education to health care providers on the tobacco control core recommendations.

Objectives:

- To develop a core set of recommendations for tobacco control.
- To integrate the core recommendations into best practice models by educating health care providers, health care provider staff, and managed care plans to reduce the differences in clinical practice patterns and improve outcomes.
- To improve the identification of and intervention with tobacco users.

Core Recommendations

SCREEN

1. **ASK** – systematically identify all tobacco users at every visit (age 12 and older)

INTERVENE

1. **ADVISE** – strongly urge all tobacco users to quit
2. **ASSESS** – determine willingness to make a quit attempt
3. **ASSIST** – aid the patient in quitting
4. **ARRANGE** – schedule follow-up contact

Motivating Patients

Physicians who wish to motivate patients to quit using tobacco should explain the “5 R’s”:

1. **RELEVANCE** – Have patients indicate why quitting is personally relevant.
2. **RISKS** – Discuss potential negative consequences of tobacco use, including acute and long-term health effects and environmental risks.
3. **REWARDS** – Review potential benefits to stopping tobacco use, such as improved health and cost savings.
4. **ROADBLOCKS** – Have the patient identify barriers or impediments - such as withdrawal symptoms, weight gain, and depression - and discuss approaches to address these barriers.
5. **REPETITION** – Repeat the motivational intervention at every visit of the reluctant patient.