

CESSATION OF TOBACCO USE

Quick Facts

- According to results from the AADAC 2003 Public Opinion Survey, 89% of Albertans somewhat or strongly agreed that quitting smoking is possible.¹
- Many Albertans have quit smoking: there are now just as many former smokers (24%) as there are current smokers (23%) in Alberta.²
- The U.S. Public Health Service (PHS) developed a Clinical Practice Guideline in 2000 for public health professionals. The guide contains the best evidence-based information about treatment effectiveness in smoking cessation.
- Once smokers are screened, health professionals can use the 5 A's intervention strategy suggested in the PHS guideline:^{3,4}
 1. Ask smokers about their smoking habit.
 2. Advise smokers to quit.
 3. Assess smokers' motivation and readiness to quit and motivate smokers to consider cessation if they are not ready to quit with specific behavioural skills and pharmacological aids to achieve their cessation goals.
 4. Assist smokers by telling them how to quit if they are ready.
 5. Arrange with smokers follow-up care to prevent relapse. If smokers do relapse, they can be cycled back into treatment, and a new treatment plan can be developed. Thus treatment does not end until the smoker can maintain a tobacco-free life.