

# Ask-Advise-Act Clinician Script Tool

For Every Patient at Every Visit, Actively Address Tobacco Use

## ASK

### Known Tobacco History

“Based on our records, you were smoking 2 packs per day. Are you still using tobacco?”

### Unknown Tobacco History

“Have you ever used tobacco or nicotine products?”

## ADVISE

“Thank you for sharing. The best thing that you can do for your health and well-being is to quit. We know that the best way to quit for good is with some help and medication. I can help you begin to quit, today. What do you think?”

YES

NO

“If it’s OK, let’s revisit your tobacco use next time.”

## ACT

“Great! As a next step, I’d like to help refer you to Kick It CA/the Asian Smokers Quitline (ASQ). It’s a terrific, free quit program that will connect you with a Quit Coach who will help you make a personalized Quit Plan and provide one-on-one support throughout your quit journey.”

### Complete Patient Referral

**Example:** “One of our staff members will help you get connected as you check out.”

### Discuss Medications

**Example:** “In addition to Kick It CA/ASQ/Clinic help, a lot of patients find it easier to quit with a medication that can help reduce the strong urges to smoke. Do you want to hear about some options? ”

*If yes, discuss combination (short-and long-acting) nicotine replacement therapy, varenicline, and bupropion. Consult clinic guidelines, if available, regarding tobacco cessation medications.*

*\* If 50-80 years old, and  $\geq 20$  pack-year history: Refer for low-dose CT scan.*

*\*Number of pack-years = (number of cigarettes smoked per day/20)  $\times$  number of years smoked.*