

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 California (KIC)/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 KIC/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.

NOTE: Annual lung cancer screening with low-dose CT is recommended for individuals age 50-80 years old with a ≥ 20 pack-year smoking history.