Tobacco Cessation Counseling Process
(Can be adopted for both inpatient and outpatient use)

Ask all patients if they have used any form of tobacco in the past 12 months. Asking about smoking only may miss vaping, e-cigs, water pipes, chewing tobacco, snus, etc.

Is the patient a former user?

YES

Reinforce the quit decision
- Provide information on 2nd and 3rd hand exposure dangers
- Indicate former user status in patient's EHR

NO

Is the patient a current tobacco user?

YES

Provide tobacco cessation counseling using the 5Rs technique to better engage and motivate

Indicate tobacco use status in patient’s EHR

Is the patient an occasional or sometimes user?

YES

Advise of the risks of occasional tobacco use
- Reinforce the benefits of quitting
- Provide information on 2nd and 3rd hand exposure dangers
- Occasional users may benefit from rehab and/or medication
- Indicate occasional tobacco use status in patient's EHR

NO

Is the patient an occasional or sometimes user?

YES, maybe, not sure

Provide tobacco cessation materials before discharge or during the visit. Discuss benefits of quitting with patient and family/caregivers.

Patient should pledge to quit tobacco on a specific date and provider should ensure a follow up plan is in place

Prescribe rehab and/or medications as needed

No intervention for tobacco use needed.
- Reinforce the decision to not use tobacco
- Provide information on 2nd and 3rd hand exposure dangers
- Indicate tobacco non use in patient’s EHR

www.heart.org/smokingcessation