

Smoking Cessation-Physician Guide



The University of Rochester Medical Center's commitment to help Rochester become America's healthiest community by 2020

Advice for Physicians:

- You can double your patients' chances for success just by discussing smoking cessation.
- Identify your patients who smoke, make it easy to follow-up at every opportunity.
- Don't get discouraged. Many people who try to quit don't succeed until their fourth or fifth try.

Discussion Guide:

1 Ask

- Do you smoke?
- If yes, Do you want to quit?
 - Continue to step 2
- If no, (ex tobacco users) How long has it been?
 - Keep up good work, end discussion

2 Advise

- Why do you want to quit?
 - Discuss risks and benefits regarding personal motivators.
- If you do not want to quit, do you know the risks of continued smoking?
 - Urge the smoker to quit. Be clear, strong and direct.

3 Assess

- Would you like to set a quit date at this time? (within 2 weeks of office visit)

4 Assist

- Assist your patients with their quit attempt.
 - Recommend nicotine replacement therapy or Zyban
 - Offer support materials
 - Refer to counseling program or support group including NYS quit line 1-888-609-6292 or the Smoking Research Program of the James P. Wilmot Cancer Center 1-888-222-3993

5 Arrange

- Arrange a follow-up visit after quit date
- Send a letter or call within 7 days of office visit

Advice for Patients:

- Past failures to quit improve chances of succeeding this time or in the future.
- A slip is not a disaster – keep trying.
- A life style change such as regular exercise can help.

Smoking Status

- Current Smoker
- Quitter
- Ex Smoker

Quit Date:
