

# Tobacco Cessation Guidelines

## 1 ASK about tobacco use

EVERY PATIENT • EVERY VISIT • NON-JUDGMENTAL

- When was the last time you smoked or used any type of tobacco?

## 2 ADVISE to quit

CLEAR • STRONG • PERSONALIZED

- It's important that you quit as soon as possible, and I can help.
- Quitting is the best decision you can make for your health and the health of your family.

## 3 REFER to Quit Now Indiana using one of the following methods

**ONLINE PORTAL:** Have your patient complete the patient section and sign for consent as required by HIPAA. [Online Portal](#)

**FAX REFERRAL:** Complete entire provider section; have your patient complete the patient section and sign for consent as required by HIPAA.

- Fax the form to: 1-800-483-3114. Quit Now Indiana will fax a follow-up report back to your office.
- To obtain the Fax Referral Form, visit: [quitnowindiana.com/educational-materials](http://quitnowindiana.com/educational-materials)

**e-REFERRAL:** Call 317-234-1787 for more info.

## 4 PRESCRIBE pharmacotherapy

Discuss medication options with your patient ([See Pharmacotherapy Chart](#))

Pre-authorize NRT on the fax referral form, online referral portal or e-Referral if applicable.

## 5 EVALUATE the quit attempt at follow-up

- Status of attempt
- Congratulate success; encourage continued efforts to quit if still smoking or using tobacco products
- “Slips” and relapse
- Medication compliance and plans for discontinuation

## THE 5 R'S - intervention for patients not ready to quit

**RELEVANCE** Encourage patients to consider reasons why quitting is personally relevant.

**RISKS** Identify patient-specific negative consequences of tobacco use.

**REWARDS** Identify patient-specific benefits of quitting.

**ROADBLOCKS** Identify barriers to quitting and ways to overcome them.

**REPETITION** Enhance motivation at every encounter.

Quit Now Indiana provides **FREE** tobacco treatment services to Hoosiers who are ready to end nicotine dependence. Services include individualized coaching, free NRT for those that qualify, and online support.

NO LECTURES. NO PRESSURE. NO JUDGMENTS.  
JUST FREE HELP.

**QUIT  
now  
INDIANA**  
1.800.Quit.Now