## **How to support patients to stop using tobacco – a brief reminder**

**EVERY time you meet:**

**ASK:** *Do you currently use tobacco*? Record on TB Form [Insert name/number of appropriate TB forms that include space for recording tobacco status]

**ADVISE:** *the most effective way to quit is to get support from a health worker. Do you want this support?*

**ACT**: if the patient

1. wants to quit: *I will support you to quit*.
2. doesn’t want to quit: *You can come for support at any time*.
3. doesn’t use tobacco: *Excellent! Make sure you stay tobacco-free: I can support you*.

**When the patient wants to quit**

**Pre Quit**

1. *Let’s choose a quit date that suits you.*
2. *Let me explain the importance of abrupt cessation and the ‘not a puff’ and ‘not a chew’ rules*.
3. *Pledge: after my quit date I will follow the ‘not a puff’ and ’not a chew’ rules*.

**Quit day**

1. *I will help and support you to quit*.
2. *Let’s review possible withdrawal symptoms, and how to deal with them*.
3. *Let’s identify situations when you may be tempted to use tobacco, and identify strategies*.
4. *Let’s remember the importance of the ‘not a puff’ and ‘not a chew’ rules*.

**Post quit**

1. *How are things going*?
2. *Are you having withdrawal symptoms? This is how you can manage them*.
3. *Let’s remember the importance of the ‘not a puff’ and ‘not a chew’ rules*.

***Be positive, non-judgmental and patient!***

***HELP CURE TB – HELP YOUR PATIENTS QUIT TOBACCO.***