

# Using the Clinician's Cessation Tear Sheet

## SUPPORT AND ADVICE FROM YOUR CLINICIAN

*Tobacco causes 30 percent of all deaths among persons 35-69 years of age, making it the largest cause of premature death in the developed world.*

Once the patient's tobacco use status has been documented, make a plan together. The cessation tear sheet provides a framework for clinicians to personalize a brief 3-5 minute interaction with the patient. This personalized plan can then be given to the patient as a take-away item.

The front of the cessation tear sheet offers motivational messages and specific advice on how to quit successfully.

The back of the cessation tear sheet offers five steps containing the key recommendations from the PHS guideline, *Treating Tobacco Use and Dependence*. Using these steps, the clinician can easily design a personalized quit plan for the patient.

The cessation tear sheet can also be used to discuss pharmacotherapy and identify strategies for avoiding and dealing with cessation barriers, as well as learning new skills and behaviors. It works best when the clinician fills in the five steps on the back of the sheet.

The cessation tear sheet also includes space for a plan that may include a followup visit and/or referral information, as well as additional resources.

