

Tobacco Cessation

Algorithm for Pharmacists



START

ASK

Do you use any tobacco products?

Or

I see you use tobacco products (cigarettes, chew, e-cigs, vapes, cigars).

NO

Have you recently quit (last 6-12 months)?

Assess their challenges, confidence, need for support.

ADVISE TO QUIT

Quitting tobacco is the most important thing you can do for your health. I can help you quit.

See information on meeting patients where they are by downloading [Tips and Talking Points for Pharmacists](#) or [Smoking Cessation: Integration of Behavioral and Drug Therapies](#), American Family Physician.

YES

ASSIST TO QUIT/REFER

Recommend they quit with help.

- Write a Rx for OTC NRT.
- Enroll them in 802Quits with the fax referral form.
- Share an 802Quits brochure and recommend they call 1-800-QUIT-NOW or enroll online at 802quits.org.
- Give them the Vermont Quit Guide.

If time allows, provide brief counseling; help set a quit date within 30 days; review past quit attempts; discuss potential triggers and coping strategies.

YES

ASSESS READINESS

Would you like to stop using tobacco products?

If patient is a Medicaid member, uninsured, pregnant, new parent or uses menthol:

Now is a great time to try to quit because you can earn rewards.

Or personalize with medication history:

Mental health medications are more effective if you don't use tobacco.

ARRANGE FOLLOW-UP

We'll check in to see how things are going. You can always contact me. I'm here to support you.

NO

PROVIDE ENCOURAGEMENT

Share an encouraging message that quitting at any time is beneficial.

Whenever you are ready, I'm here with support to help you quit.

END