



The 2As & R Brief Tobacco Intervention

NRT Exclusions

Patients who have the following conditions or who have experienced any of the following events are excluded:

- A heart attack/stroke in previous 2 weeks
- Currently pregnant
- Told they have an irregular heartbeat that required them to change their activities or take medication in the previous 6 months
- Had an allergic reaction to the patch medication or adhesive tape or bandages (other than NRT, etc.)
- Told they have a serious or worsening angina or heart pain in the last 6 months
- Under age 18

If a patient reports any of the exclusions listed above, the IDQL may send an MD Override Letter to the patient for their Primary Medical Provider to approve a specific dosage of NRT.



ASK About the Patient's Tobacco Use

“Do you currently smoke or use any other forms of tobacco or nicotine?”

Or,

“Have you used tobacco in the past 30 days?”

ADVISE the Patient to Quit Using Tobacco

“As your medical provider, I urge you to quit using tobacco. It's the single biggest improvement you can make in your health. I really think you'll notice a difference in many areas of your health. Are you willing to give quitting a try?”

Or,

“Quitting tobacco is the best thing you can do to help protect your health and the health of your family. I strongly encourage you to quit. Are you willing to give quitting a try?”

REFER the Patient to 1-800-Quitnow or to projectfilter.org

IF THE PATIENT IS READY TO QUIT:

“I would like you to call 1-800-QUIT-NOW or go to projectfilter.org and sign up for quit services. It's free, and they have extensive training in helping people quit. They'll walk you through a quit plan and check in with you from time to time. I can even submit your name and number to them, and they'll call you. Would you be okay with that?”

IF THE PATIENT IS NOT READY TO QUIT:

Strongly encourage the patients to consider quitting by using personalized motivational messages. Let them know you are there to help them when they are ready. Provide them with a Project Filter brochure or Quit Card.

Visit projectfilter.org to get free materials and learn more about patient referral programs.