

# Brief Intervention to Help Dental Patients Quit Tobacco

Date \_\_\_\_\_

Patient Name \_\_\_\_\_

Chart # \_\_\_\_\_

Medical concerns and medications:

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☐ **ASK** about tobacco use: ☐ Current ☐ Never ☐ Former (please check appropriate boxes)

☐ **ADVISE** about the oral benefits of quitting

☐ **ASSESS** willingness to make a quit attempt

**Willing to try quitting in the next 30 days**

- ☐ Number of cigarettes\_\_\_\_, cigars\_\_\_\_, pipe bowls\_\_\_\_ per day
- ☐ Number of spit tobacco cans/pouches per week \_\_\_\_\_
- ☐ Number of years used \_\_\_\_\_
- ☐ How soon after you wake up do you use tobacco?
  - ☐ Within 30 minutes ☐ More than 30 minutes
- ☐ Previous quit attempts:
  - ☐ # of attempts \_\_\_\_\_
  - ☐ Longest quit period \_\_\_\_\_
  - ☐ Method(s) used \_\_\_\_\_
  - ☐ How long ago was last attempt to quit: \_\_\_\_ years \_\_\_\_ months
- ☐ Reasons for wanting to quit \_\_\_\_\_

☐ **Not ready to try to quit in next 30 days** (re-assess during next visit, encourage patient to reconsider, relate reasons why to each individual)

☐ **Recently quit:** Any challenges, urges, close calls? Ideas to help: \_\_\_\_\_

☐ **ASSIST** patients willing to quit

- ☐ Self-help pamphlets & materials
- ☐ Refer to the Quit Line: Call **800-QUIT-NOW** or text **READY** to **34191** Encourage a quit date
- ☐ Medication: nicotine gum/ lozenge/ patch/ inhaler/ nasal spray/ Zyban/ Chantix Rx \_\_\_\_\_(D1320)

☐ **ARRANGE** follow-up if set a quit date (with permission)

Quit date \_\_\_\_\_ Phone calls/visits: Week 1-2\_\_\_\_ Month 1\_\_\_\_, 3\_\_\_\_, 6\_\_\_\_, 12\_\_\_\_

*It is important that any medication prescribed or recommended be listed in the progress notes or on the intervention form. Use ADA code D1320: Tobacco counseling for the control and prevention of oral disease.*

Source: *This fact sheet was adapted from "Tobacco Cessation Intervention Techniques for the Dental Office Team," Eric E. Stafne, D.D.S., M.S.D., Director of the Tobacco Cessation Program, University of Minnesota School of Dentistry.*  
Web site: [www.umn.edu/perio/tobacco](http://www.umn.edu/perio/tobacco)