PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

Ask!!

"Have you used tobacco products in the last 30 days?"

(This includes cigarettes, cigarillos, pipes, chew tobacco, snus, snuff, cigars, waterpipes, and betelnut)

No

Document of File or Chart. Check layer to ensure tobacco use status has not changed.

Ask

Have you ever tried even one puff (or some chew)?

No

Yes

Yes

Ask

"How many cigarettes per day (or week) do you smoke?"

"How many times per day (or week) do you chew?"

Advise

"Quitting tobacco is great for your health, appearance, fitness and finances"

"You might not have used tobacco long enough to feel addicted, but your chance of getting hooked is greater with each cigarette (chew). I strongly encourage you to quit now, before it becomes more difficult and starts to have an affect on your health, appearance, fitness level and finances."

Advise: "I can help you succeed at quitting tobacco for good

Yes

Try one of the following resources:

- ???? Quiz pg.6
- G's and NG's pg.8
- Top 10 List pg.9
- Label Me (what type of tobacco user are you?) pg.11
- "Let's Get out of Here??" (Plan your escape route) pg.12

No

Ask permission to provide handouts and a list of websites to visit (see pg.21) and make a note to offer your help again in the future.