

Conversations for Change: The 5A's Worksheet

This worksheet is designed to accompany the video, *Conversations for Change: The 5A's and Tobacco Cessation*. This video demonstrates the 5 A's, a brief, evidence-based intervention which allows healthcare workers to talk with patients about tobacco cessation efficiently and effectively. Tobacco dependence and use is a chronic relapsing condition that requires repeated interventions and a systematic approach.

The 5A's



Questions to Consider:

1. What are the motivations for Darrion to stop smoking?
2. What are some challenges to changing his behavior?
3. What are some supports that can help Darrion to stop smoking?
4. How ready do you think Darrion is to take action?

Write down examples of questions, statements, or topics covered by the provider for each of the 5A's:

Ask

Advise

Assess

Assist

Arrange

How will you integrate the 5A's demonstrated in this video into your daily interactions with patients/clients?
