



**COUNSELING AND INTERVENTIONS TO PREVENT TOBACCO USE AND
TOBACCO-CAUSED DISEASE IN ADULTS AND PREGNANT WOMEN
CLINICAL SUMMARY OF U.S. PREVENTIVE SERVICES TASK FORCE RECOMMENDATION**

Population	Adults 18 years or older	Pregnant Women of any age
Recommendation	<p align="center">Ask about tobacco use. Provide tobacco cessation interventions to those who use tobacco products.</p> <p align="center">Grade: A</p>	<p align="center">Ask about tobacco use. Provide augmented pregnancy-tailored counseling for women who smoke.</p> <p align="center">Grade: A</p>

Counseling	<p>The "5-A" framework provides a useful counseling strategy:</p> <ol style="list-style-type: none"> Ask about tobacco use Advice to quit through clear personalized messages Assess willingness to quit Assist to quit Arrange follow-up and support <p>Intensity of counseling matters: brief one-time counseling works; however, longer sessions or multiple sessions are more effective. Telephone counseling "quit lines" also improve cessation rates.</p>	
Pharmacotherapy	<p>Combination therapy with counseling and medications is more effective than either component alone. FDA-approved pharmacotherapy includes nicotine replacement therapy, sustained release bupropion, and varenicline.</p>	<p>The USPSTF found inadequate evidence to evaluate the safety or efficacy of pharmacotherapy during pregnancy.</p>
Implementation	<p>Successful implementation strategies for primary care practice include:</p> <ul style="list-style-type: none"> Instituting a tobacco user identification system Promoting clinician intervention through education, resources, and feedback Dedicating staff to provide treatment, and assessing the delivery of treatment in staff performance evaluations 	
Relevant USPSTF Recommendations	<p>Recommendations on other behavioral counseling topics are available at http://www.preventiveservices.ahrq.gov.</p>	

For a summary of the [evidence](#) systematically reviewed in making these recommendations, the full [recommendation statement](#), and [supporting documents](#) please go to <http://www.preventiveservices.ahrq.gov>.

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