

Ask-Advise-Refer (AAR)

Ask-Advise-Refer (AAR) is an abbreviated version of the 5 A's (i.e. Ask, Advise, Assess, Assist, Arrange), an approach designed to facilitate the routine assessment of tobacco use status among all patients, delivery of brief advice to quit use of all tobacco products, including e-cigarettes and vaping devices, and referral of people wanting to quit to evidence-based cessation treatment such as those recommended in the Treating Tobacco Use and Dependence Clinical Practice Guideline (i.e., the Guideline).¹ The Ask, Advise, Refer takes only 3-5 minutes and has been shown to increase the number of quit attempts and the number of people who quit for good. Using the Ask-Advise-Refer model is quick and easy and ensures that every person that uses tobacco products is offered support to quit.

Ask – about tobacco product use.

“Do you smoke, vape or use any other form of tobacco?”

Advise – about the benefits of quitting, and the support available.

“Quitting is challenging, and it is the single best thing you can do for yourself. There are programs and medications that can help you quit. Are you willing to give quitting a try?”

Refer – people that are interested in quitting cessation counseling and medication.

“The American Lung Association is equipped, there to help you quit smoking. You can reach them at 1-800-LUNG-USA or Lung.org.”

People can also be referred to local healthcare providers and for medication, and other community based-treatment programs.

Free Accredited Course Available on Lung.Training

The American Lung Association's [Ask, Advise, Refer to Quit Don't Switch training](#)² is a one-hour on-demand, online course that provides an overview for healthcare professionals and community members. Based on the U.S. Department of Health and Human Services Clinical Practice Guidelines for Treating Tobacco Use and Dependence, the training outlines the steps of Ask-Advise-Refer and provides guidance, support and best practices for effectively delivering a brief intervention for people who identify as tobacco users, including people who use e-cigarettes.

**For more information about quitting tobacco use,
visit the American Lung Association website at [Lung.org](https://www.lung.org)
or call the free Lung HelpLine at 1-800-LUNGUSA (1-800-586-4872).**

¹ Vidrine, J. I., Shete, S., Cao, Y., Greisinger, A., Harmonson, P., Sharp, B., Miles, L., Zbikowski, S. M., & Wetter, D. W. (2013). Ask-Advise-Connect: a new approach to smoking treatment delivery in health care settings. *JAMA internal medicine*, 173(6), 458–464. <https://doi.org/10.1001/jamainternmed.2013.3751>

² American Lung Association, 2021. Video Link: <https://bit.ly/ALAAAR>