

# Tobacco Cessation for TB patients

WHO guides

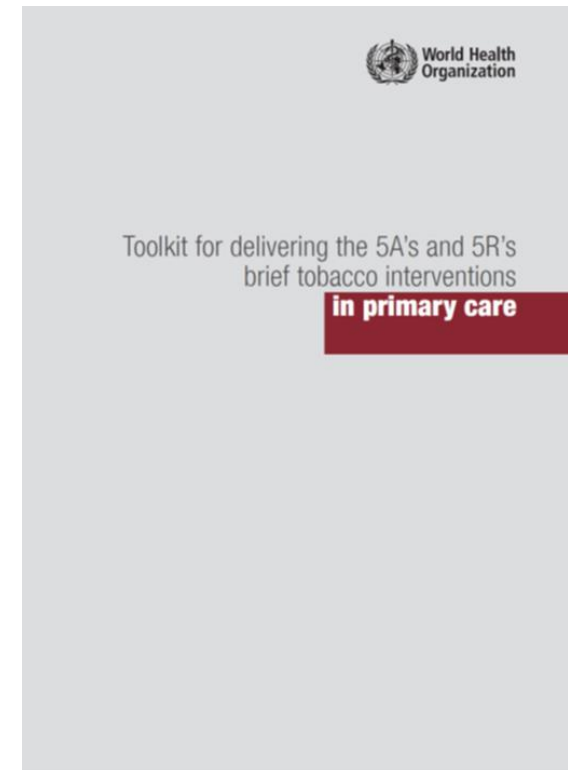
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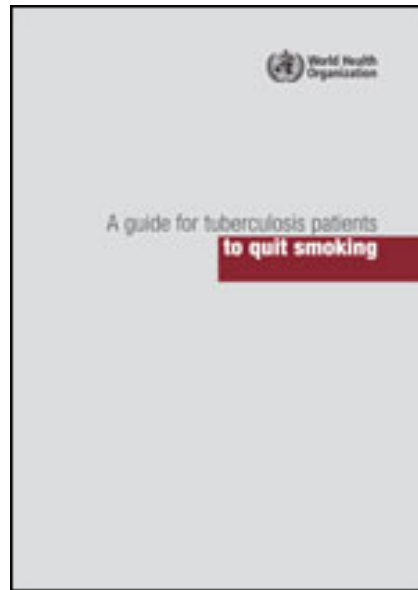


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# A guide for tobacco users to quit

## Toolkit for delivering brief tobacco interventions in primary care





## A guide for tuberculosis patients to quit smoking

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## Toolkit for delivering the 5A's and 5R's brief tobacco interventions to TB patients in primary care

- [https://www.who.int/tobacco/publications/smoking\\_cessation/9789241506922/en/](https://www.who.int/tobacco/publications/smoking_cessation/9789241506922/en/)
- [https://www.who.int/tobacco/publications/smoking\\_cessation/9789241506946/en/](https://www.who.int/tobacco/publications/smoking_cessation/9789241506946/en/)

“you are not JUST a smoker, you are a smoker with TB”



1. Getting ready to quit: the additional risks of smoking while diagnosed with tuberculosis
  - Impact of tobacco smoking: a combination that greatly increases your health risks:
  - Severity of your TB symptoms.
  - Drug resistance
  - Increase probability of recurrent TB
  - Increases your chance of dying from TB

A guide for tuberculosis patients  
**to quit smoking**

“you are not JUST a smoker, you are a smoker with TB”



## 2. Health Risks to the Family:

- Smokers are more likely to spread TB
- Exposure to tobacco smoke will also significantly increase the risks of having TB infection and TB disease.

A guide for tuberculosis patients  
**to quit smoking**

## As a TB patient, quitting smoking can help you to:



- Improve your treatment outcomes
- Reduce your chance of having recurrent TB and dying from TB.

- ii. REWARDS OF QUITTING

A guide for tuberculosis patients  
**to quit smoking**

Toolkit for delivering the 5A's and 5R's  
brief tobacco interventions to TB patients  
**in primary care**

Toolkit, 5A's, 5R's, primary care



Toolkit for delivering the 5A's and 5R's  
brief tobacco interventions to TB patients  
**in primary care**

# I. Tuberculosis and tobacco use: A deadly combination

- confirmed associations between tobacco use, and exposure to tobacco smoke, and TB outcomes: infection, disease, recurrent TB and mortality.

Toolkit for delivering the 5A's and 5R's  
brief tobacco interventions to TB patients  
**in primary care**

## II. The unique role of the TB care provider in tobacco control

- TB care providers are in the unique position in helping smokers due to regular contact with the patients
- Role models
- Address tobacco dependence as part of your standard of care practice
- Assess exposure to tobacco smoke and advocate for smoke free policies

**DON'T LET TOBACCO  
TAKE YOUR BREATH AWAY**



**CHOOSE HEALTH NOT TOBACCO**

**31 MAY WORLD NO TOBACCO DAY #NoTobacco**



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## III. Basics of tobacco use and tobacco dependence

- Increased health risks
- Quitting improve their treatment outcomes



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# The 5A's model to help patients ready to quit



## Ask

Systematically identify all tobacco users at every visit



ALL of your TB patients if they use tobacco



Register the information in the patient's TB record



Make it part of your routine.

# The 5A's model to help patients ready to quit



## Advise

Persuade all tobacco users that they need to quit



Urge every tobacco user to quit in a **clear**, strong and **personalized** manner.



**Clear:** “It is important that you quit now, and I can help you.”  
“Cutting down while you are having TB is not enough.”



## Personalized – Health concerns:

“Quitting may dramatically improve the lasting success of your TB treatment.”  
“Quitting smoking may reduce the chance of TB infection your child has.”

# The 5 R's model to increase motivation to quit



## Relevance:

Encourage the patient to indicate how quitting is personally relevant to him or her as a TB patient



**Risks:** “I know it could make the TB treatment less successful. That must be awful.”



## Rewards:

“Do you know how stopping smoking would affect your TB treatment outcomes?”

“I guess it would be more successful if I quit.”



## Roadblocks

## Repetition



Herramientas para aplicar las intervenciones breves de las 5A y las 5R para tratar el consumo de tabaco en personas con tuberculosis  
**a nivel de la atención primaria**



Guía para que las personas con tuberculosis  
**dejen de fumar**

Disponibles  
en español



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¡Muchas Gracias!

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