American Academy of Nursing Supports the American Cancer Society’s Great American Smokeout, November 21

Leading nursing organization believes nurses are a key component to reducing tobacco use in America; research compiled by the Academy’s Health Behavior Expert Panel Tobacco Control Task Force.

The American Academy of Nursing is committed to reducing the leading cause of preventable death, tobacco use. The Academy urges all professional nurses working across all health care systems to engage with the American Cancer Society in the Great American Smokeout on the third Thursday in November. Recognizing that 43.8 million Americans (1 in 5) still smoke cigarettes, the Academy is rallying efforts to reduce needless death and suffering. The evidence is clear that the over 3 million US nurses can make a difference. A recent Cochrane meta-analysis update (2013) indicates that nurses continue to be highly effective to help individuals to quit smoking. With an annual death rate of 443,000 and a cost of $157 billion, it is essential for nurses to reach out and help smokers take important steps toward healthier living during the Great American Smokeout. Research tells us 70% of all smokers want to quit. The Academy urges all nurses on November 21, 2013, to not miss this opportunity, or any other opportunity, to put the evidence-based strategies of the five A’s into place:

1. **Ask** - Identify and document tobacco use status for every patient at every contact.
2. **Advise** - In a clear, strong, and personalized manner, urge every tobacco user to quit.
3. **Assess** - Is the tobacco user willing to make a quit attempt at this time?
4. **Assist** - For the patient willing to make a quit attempt, use counseling and pharmacotherapy to help him or her to quit.
5. **Arrange** - Schedule follow-up contacts, in person or by telephone, preferably within the first week after the quit date to support successful quitting.

### About the Academy

The American Academy of Nursing (www.AANnet.org) serves the public and the nursing profession by advancing health policy and practice through the generation, synthesis, and dissemination of nursing knowledge. The Academy's more than 2,000 fellows are nursing’s most accomplished leaders in education, management, practice, and research. They have been recognized for their extraordinary contributions to nursing and health care.

### Sources:

- Rice VH, Hartmann-Boyce J, Stead LF. Nursing interventions for smoking cessation. Cochrane Database of Systematic Reviews 2013, Issue 8. Art. No.: CD001188. DOI: 10.1002/14651858.CD001188.pub4

JHealth/LSarna/VRice/TCgroup/ 10.17.13; 10.20.13; 10.22.13; 11.9.13