

Organization Letterhead

Policy Number:	Policy Section:	
Effective Date: _____	Approved by:/Date BOD Approval Date:	Reviewed and/or Revised Date:
Policy: Tobacco Screening and Treatment		
Purpose: To reduce the overall incidence of tobacco use by providing tobacco use screening and intervention for tobacco cessation to all patients of <i>Organization Name</i> , thereby promoting better health and decreasing the likelihood of tobacco-related illnesses or conditions.		

Procedure:

Clinical staff will use the PHS Clinical Practice Guidelines 5 A's Model for tobacco dependence treatment when working with patients. "Ask, Advise, Assess, Assist, Arrange:"

1. **ASK:** Patients will be screened for tobacco use and dependency, utilizing prompts within the EMR. This will be done by the nursing staff at the time that vital signs are collected.
2. **ADVISE:** Patients identified as tobacco users will be advised to stop by discussing the health benefits of tobacco cessation and the health risks of tobacco use.
 - a. *Clear:* "It is important that you quit smoking/chewing tobacco" "Even light smoking can be harmful to your health"
 - b. *Strong:* "It is important that you know that quitting tobacco use is one of the most important things you can do to improve and protect your future health"
 - c. *Personalized:* Tie tobacco use to current symptoms/health concerns/social or economic costs and impact on household. "Quitting smoking can dramatically improve your asthma/reduce the number of ear infections your children have."
3. **ASSESS:** The provider will assess patient willingness to make quit attempt.
 - a. "We can help you with the process, are you willing to give quitting a try?"
4. **ASSIST:** Patients will be counseled on the various treatment options available to them, including FDA approved cessation medications. This will be done by the provider who will discuss treatment

options with the patient. If appropriate, patients will be prescribed nicotine replacement therapy and/or cessation medications to assist with their quit attempt.

5. Patients will be provided with in-house counseling and medication assistance focused on:
 - a. Setting a quit date
 - b. Telling family and friends and request support
 - c. Anticipating challenges (including withdrawal)
 - d. Removing tobacco products from the environment
 - e. Recommending appropriate medications
 - f. Providing practical counseling/skills training
 - i. Abstinence
 - ii. Build on past experiences
 - iii. Anticipate triggers
 - iv. Alcohol use
 - v. Other smokers in the household
 - vi. Providing supplementary materials
6. All patients who are identified as tobacco users will be informed that their contact information will be forwarded to the NYS Smoker's Quitline program unless they opt out.
7. Patients who are unwilling to engage in tobacco cessation services will be provided with interventions to increase future attempt to quit
 - i. Motivational Interviewing strategies
 - ii. Discuss one or more of the 5 Rs with the patient
 1. Relevance of quitting
 2. Risks of tobacco use
 3. Rewards of quitting
 4. Roadblocks to quitting
 5. Repetition at follow-up visits
8. **ARRANGE** follow-up contact
 - a. During first week of quit date
 - i. Identify problems and anticipate challenges
 - ii. Support
 - iii. Relapse intervention
9. The provider will document all tobacco dependence treatment efforts in the EMR including any prescribed medications, counseling, and/or referral to cessation support programs.

10. A quality improvement mechanism to support the systems change, including an evaluation plan to establish provider goals and measure progress toward reaching treatment targets that are set, will be developed and implemented. Charts will be audited on a quarterly basis to assess compliance with the tobacco dependence treatment program.
11. On-going provider education to encourage effective clinical tobacco-use interventions will be provided.

SAMPLE 6

Example quitline process

Call to Helpline

Fax to Helpline

Registration

- Collect demographics
- Describe available services
- Refer to local resources
- Direct transfer to coach

Intervention

- Collect tobacco use history
- Assess co-morbidities
- Refer to local resources
- Develop a plan/quit date

Quit Guides

- Mail
- Includes guide & materials for special populations

Medication

- Provide information
- Screen for contraindications
- Determine correct dosage
- Ship

Proactive Sessions

- Designed to prevent relapse or set new quit date
- Timed around quit date
- Assist with medication use



Treating Tobacco Dependence as a Chronic Disease

ASK Do you use tobacco?

Current Smokers

Former Smokers

Never a Smoker

ADVISE to quit

ASSESS

Willing to quit?

Recently quit
Challenges?

Yes

No

Yes

No

ASSESS

Assist in
Quit attempt

Intervene to
increase motivation

Provide relapse
prevention

SAMPLE 6