

	Title: Tobacco Assessment, Treatment, and Referral	
	Department: Primary Care	
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Acronyms

NRT: Nicotine Replacement Therapy

EHR: Electronic Health Record

Policy

Community Medical Wellness Center USA clinical staff will screen all patients for tobacco use (including vaping/e-cigarette products) and/or secondhand smoke exposure, and provide appropriate referral to tobacco cessation treatment, including pharmacologic and behavioral support such as the California Smokers’ Helpline.

Purpose

Community Medical Wellness Center USA recognizes the importance of providing comprehensive health and preventive care to its patients. Community Medical Wellness Center USA recognizes that tobacco use is the number one preventable cause of death and disease in California and that advising a tobacco user to quit significantly increases their odds of quitting successfully.

Community Medical Wellness Center USA further recognizes that healthcare systems can play a vital role in tobacco prevention and cessation intervention to help ensure that (1) every patient is screened for tobacco use at every visit and status is documented, and (2) patients who use tobacco are advised to quit and provided with options for evidence-based treatments.

Referral to the California Smokers’ Helpline is an evidence-based means to provide intensive counseling and in some instances, patients may qualify for NRT through the California Smokers’ Helpline.

Procedure

1. **ASK**

All Medical and clinical staff conducting an intake assessment will ask patients if they use tobacco (including vaping/e-cigarette products) and/or if children are exposed to secondhand smoke at each clinic visit and will document the status.

2. **ADVISE**

All medical and clinical staff will strongly advise every patient who uses tobacco to quit, whether or not they wish to be referred to tobacco cessation services. Every time a clinician asks about tobacco use and advises a patient to quit tobacco, it increases the chances the patient will quit and stay quit.

Sample script:



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- "Quitting tobacco is the most important thing you can do for your health. The clinic staff and I can help you."
- "A combination of counseling and medication will give you the best chances of quitting and staying tobacco-free."
- "What are your thoughts about quitting now or in the near future?"

3. REFER

All medical staff will refer tobacco cessation treatment and document one of four outcomes:

Patient DECLINES referral to tobacco cessation

- Staff will give a brief intervention message and educational materials (handouts, brochure, Helpline card, etc.) and document education was given.

Sample script for staff to educate when a patient declines tobacco cessation services:


- "Only you can make the decision to quit. What do you see as possible harms tobacco has on your health? Some of the harms of continuing to use tobacco that I see also include _____. What do you see as possible benefits to quitting tobacco? Some other benefits to quitting may be _____."
- "I strongly recommend you quit smoking for your health. Here's a card to the California Smokers' Helpline, 1-800-NO-BUTTS. You can decide to call anytime and choose the level of support that will work for you."

Patient ACCEPTS referral to tobacco cessation during a PROVIDER visit

- Staff will refer patient to the behavior health and substance abuse department, where staff will connect with the patient.
- California Smokers' Helpline via electronic referral order or web-based referral to receive phone counseling and may qualify for NRT.
- Staff will prescribe patient NRT along other cessation medications. Patients have the highest level of motivation at this point of care.
- Staff will provide patient education literature about the basics of quitting: triggers, coping skills, etc.
- If applicable to clinic, staff can order a Tobacco Cessation Referral for in-house cessation counseling to increase motivation and support.

Patient ACCEPTS referral to tobacco cessation during a NON-PROVIDER (HEALTH EDUCATOR, NURSE, CASE MANAGER, ETC.) visit

- Staff will refer patient to the California Smokers' Helpline via electronic referral order or web-based referral to receive phone counseling and may qualify for NRT.
- Staff will provide patient education literature or counseling about the basics of quitting: triggers, coping skills, etc.

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4. [Health system’s name] clinical staff can access the University of California San Francisco (UCSF) Smoking Cessation Leadership Center for additional online training and free CME/CE opportunities. <https://smokingcessationleadership.ucsf.edu/webinars/cme>

References

Treating Tobacco Use and Dependence: 2008 Update—Clinical Practice Guideline:
<https://www.ncbi.nlm.nih.gov/books/NBK63952/>

Systems Change Recommendations for Treating Tobacco Use and Dependence, based on the Public Health Service (PHS) Clinical Practice Guideline—2008 Update:
<http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/tobacco/decisionmakers/systems/index.html>