

## Smoking Cessation Guideline

MVP Health Care, as part of its continuing Quality Improvement Program, adopted the Department of Health and Human Services (HHS) Smoking Cessation guideline.

### Impact of Smoking<sup>1</sup>

- Approximately 21 percent of adults in the United States (ages 18 and up) smoke cigarettes.
- Smoking is a deadly habit, contributing to nearly one-half million deaths in the United States each year.
- Stopping smoking can significantly reduce ones risk of disease or premature death. Approximately 70 percent of U.S. adults who smoke would like to quit completely.

### Summary of the Guidelines

The HHS's recommendation includes tips for assessing a patient's readiness to quit and suggested medications available for patients who want to stop smoking. Additionally, there is a tear sheet containing tips for patients to improve their chances of quitting successfully as well as an area to document their quit plan. Additional tools to assist providers with educating their patients on smoking cessation are included in the Provider Quality Improvement Manual under Preventive Health.

([https://www.mvphealthcare.com/provider/qim/preventive\\_health.html](https://www.mvphealthcare.com/provider/qim/preventive_health.html)).

*This guideline is not intended to replace the role of clinical judgment by the physician in the management of this, or any other disease entity. It is an educational guideline to assist in the delivery of good medical care. **All treatment decisions are ultimately up to the physician.*** Where medication recommendations are made, please refer to each health plan's formulary for coverage considerations.

MVP Health Care updates its clinical guidelines at least every two years. The review process is also initiated when new scientific evidence or national standards are published. Practitioners are alerted via the web site and by written notices from the plan via fax or newsletter. A hard copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at 1 (800) 777-4793 extension 2602.

<sup>1</sup> U.S. Department of Health and Human Services. Smoking and tobacco use: Fact sheets. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2011. Accessed April 13, 2011 at: [http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/index.htm).



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# Helping Smokers Quit

A Guide for Clinicians

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**National Quitline**

**1-800-QUIT NOW**




**U.S. Department of Health and Human Services**  
Public Health Service

Revised May 2008

**Even brief tobacco dependence treatment  
is effective and should be offered to every  
patient who uses tobacco.**

PHS Clinical Practice Guideline  
*Treating Tobacco Use and Dependence: 2008 Update*

 *open for medication chart*

# Ask about tobacco use at every visit.

Implement a system in your clinic that ensures that tobacco-use status is obtained and recorded at every patient visit.

VITAL SIGNS

Blood Pressure: \_\_\_\_\_

Pulse: \_\_\_\_\_ Weight: \_\_\_\_\_

Temperature: \_\_\_\_\_

Respiratory Rate: \_\_\_\_\_

Tobacco Use:  Current  Former  Never  
(circle one)



Advise

# Advise all tobacco users to quit.

Use clear, strong, and personalized language.  
For example,

*“Quitting tobacco is the most important thing you can do to protect your health.”*



# Assess readiness to quit.

Ask every tobacco user if he/she is willing to quit at this time.

- ▶ If willing to quit, provide resources and assistance (see *Assist* section).
- ▶ If unwilling to quit at this time, help motivate the patient:
  - Identify reasons to quit in a supportive manner.
  - Build patient's confidence about quitting.



# Assist tobacco users with a quit plan.

## Assist the smoker to:

- ▶ Set a quit date, ideally within 2 weeks.
- ▶ Remove tobacco products from their environment.
- ▶ Get support from family, friends, and coworkers.
- ▶ Review past quit attempts—what helped, what led to relapse.
- ▶ Anticipate challenges, particularly during the critical first few weeks, including nicotine withdrawal.
- ▶ Identify reasons for quitting and benefits of quitting.

*(more)*



*(Assist continued)*

### **Give advice on successful quitting:**

- ▶ Total abstinence is essential—not even a single puff.
- ▶ Drinking alcohol is strongly associated with relapse.
- ▶ Allowing others to smoke in the household hinders successful quitting.

### **Encourage use of medication:**

- ▶ Recommend use of over-the-counter nicotine patch, gum, or lozenge; or give prescription for varenicline, bupropion SR, nicotine inhaler, or nasal spray, unless contraindicated.

### **Provide resources:**

- ▶ Recommend toll free 1-800-QUIT NOW (784-8669), the national access number to State-based quitline services.
- ▶ Refer to Web sites for free materials:
  - Agency for Healthcare Research and Quality:  
[www.ahrq.gov/path/tobacco.htm](http://www.ahrq.gov/path/tobacco.htm)
  - U.S. Department of Health and Human Services:  
[www.smokefree.gov](http://www.smokefree.gov)



# Arrange followup visits.

Schedule followup visits to review progress toward quitting.

If a relapse occurs, encourage repeat quit attempt.

- ▶ Review circumstances that caused relapse. Use relapse as a learning experience.
- ▶ Review medication use and problems.
- ▶ Refer to 1-800-QUIT NOW (784-8669).

For more information on prescribing, precautions, and side effects, see the Public Health Service Clinical Practice Guideline, *Treating Tobacco Use and Dependence: 2008 Update*, [www.ahrq.gov/path/tobacco.htm](http://www.ahrq.gov/path/tobacco.htm).



## Suggestions for the Clinical Use of Medications for Tobacco Dependence Treatment<sup>a</sup>

Medication	Precautions/Contraindications	Side Effects	Dosage	Duration	Availability
<b>Nicotine Patch</b>		Local skin reaction Insomnia	21 mg/24 hours 14 mg/24 hours 7 mg/24 hours	4 weeks then 2 weeks then 2 weeks	Prescription and OTC <sup>b</sup>
<b>Nicotine Gum</b>		Mouth soreness Dyspepsia	1-24 cigs/day-2mg gum (up to 24 pcs/day) 25+ cigs/day-4 mg gum (up to 24 pcs/day)	Up to 12 weeks	OTC <sup>b</sup> only
<b>Nicotine Nasal Spray</b>		Nasal irritation	8-40 doses/day	3-6 months	Prescription only
<b>Nicotine Inhaler</b>		Local irritation of mouth and throat	6-16 cartridges/day	Up to 6 months	Prescription only
<b>Nicotine Lozenge</b>		Local irritation of throat Hiccups Heartburn/Indigestion Nausea	First am cigarette after 30 minutes from waking: 2 mg (up to 20 pcs/day) First am cigarette before 30 minutes from waking: 4 mg (up to 20 pcs/day)	12 weeks	OTC <sup>b</sup> only
<b>Bupropion SR<sup>1</sup></b>	History of seizure History of eating disorder Use of MAO inhibitors in past 14 days	Insomnia Dry mouth	150 mg every morning for 3 days then 150 mg twice daily (Begin treatment 1-2 weeks pre-quit)	7-12 weeks maintenance up to 6 months	Prescription only
<b>Varenicline</b>	Monitor for changes in mood, behavior, psychiatric symptoms, and suicidal ideation	Nausea Trouble sleeping	0.5 mg once daily for days 5-7 before quit date 0.5 mg twice daily for days 1-4 before quit date 1 mg twice daily starting on quit date	3 months, maintenance up to 6 months	Prescription only

<sup>a</sup>The information contained within this table is not comprehensive. Please see medication package inserts for additional information.

<sup>b</sup>OTC refers to over the counter.

<sup>1</sup>See FDA package insert warning regarding suicidality and antidepressant drugs when used in children, adolescents, and young adults.

Table adapted from "Helping Smokers Quit—a Guide for Clinicians" (Updated May 2008); available at <http://www.ahrq.gov/clinic/tobacco/clinhlpsmksqt.htm>.

QUITTING TAKES HARD WORK AND A LOT OF EFFORT, BUT—

# You Can Quit Smoking

SUPPORT AND ADVICE  
FROM YOUR CLINICIAN



## A PERSONALIZED QUIT PLAN FOR: \_\_\_\_\_

### WANT TO QUIT?

- ▶ Nicotine is a powerful addiction.
- ▶ Quitting is hard, but don't give up. **You can do it.**
- ▶ Many people try 2 or 3 times before they quit for good.
- ▶ Each time you try to quit, the more likely you will be to succeed.

### GOOD REASONS FOR QUITTING:

- ▶ You will live longer and live healthier.
- ▶ The people you live with, especially your children, will be healthier.
- ▶ You will have more energy and breathe easier.
- ▶ You will lower your risk of heart attack, stroke, or cancer.

### TIPS TO HELP YOU QUIT:

- ▶ Get rid of ALL cigarettes and ashtrays in your home, car, or workplace.
- ▶ Ask your family, friends, and coworkers for support.
- ▶ Stay in nonsmoking areas.
- ▶ Breathe in deeply when you feel the urge to smoke.
- ▶ Keep yourself busy.
- ▶ Reward yourself often.

### QUIT AND SAVE YOURSELF MONEY:

- ▶ At over \$5.00 per pack, if you smoke 1 pack per day, you will save more than \$1,800 each year and more than \$18,000 in 10 years.
- ▶ What else could you do with this money?



U.S. Department of Health and Human Services  
Public Health Service

ISSN 1530-6402

Revised September 2008

(over)

# FIVE KEYS FOR QUITTING

# YOUR QUIT PLAN



## 1. GET READY.

- ▶ Set a quit date and stick to it—not even a single puff!
- ▶ Think about past quit attempts. What worked and what did not?

## 1. YOUR QUIT DATE:

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## 2. GET SUPPORT AND ENCOURAGEMENT.

- ▶ Tell your family, friends, and coworkers you are quitting.
- ▶ Talk to your doctor or other health care provider.
- ▶ Get group or individual counseling.
- ▶ For free help, call 1-800-QUIT NOW (784-8669) to be connected to the quitline in your State.

## 2. WHO CAN HELP YOU:

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## 3. LEARN NEW SKILLS AND BEHAVIORS.

- ▶ When you first try to quit, change your routine.
- ▶ Reduce stress.
- ▶ Distract yourself from urges to smoke.
- ▶ Plan something enjoyable to do every day.
- ▶ Drink a lot of water and other fluids.
- ▶ Replace smoking with low-calorie food such as carrots.

## 3. SKILLS AND BEHAVIORS YOU CAN USE:

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## 4. GET MEDICATION AND USE IT CORRECTLY.

- ▶ Talk with your health care provider about which medication will work best for you:
- ▶ Bupropion SR—available by prescription.
- ▶ Nicotine gum—available over the counter.
- ▶ Nicotine inhaler—available by prescription.
- ▶ Nicotine nasal spray—available by prescription.
- ▶ Nicotine patch—available over the counter.
- ▶ Nicotine lozenge—available over the counter.
- ▶ Varenicline—available by prescription.

## 4. YOUR MEDICATION PLAN:

Medications: \_\_\_\_\_

Instructions: \_\_\_\_\_

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## 5. BE PREPARED FOR RELAPSE OR DIFFICULT SITUATIONS.

- ▶ Avoid alcohol.
- ▶ Be careful around other smokers.
- ▶ Improve your mood in ways other than smoking.
- ▶ Eat a healthy diet, and stay active.

## 5. HOW WILL YOU PREPARE?

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**Quitting smoking is hard. Be prepared for challenges, especially in the first few weeks.**

Followup plan: \_\_\_\_\_

Other information: \_\_\_\_\_

Referral: \_\_\_\_\_

\_\_\_\_\_  
Clinician

\_\_\_\_\_  
Date