

## 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. The full guideline is available at: <http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/tobacco/index.html>

### Impact of Smoking

- Approximately 34.2 million people, or 13.7 percent of adults in the United States (ages 18 and up) smoke cigarettes.
- Smoking is a deadly habit, contributing to more than 480,000 deaths, or one of every five deaths in the United States each year.
- On average, smokers die 10 years earlier than nonsmokers
- If smoking continues at the current rate among U.S. youth, 5.6 million of today's Americans younger than 18 years of age are expected to die prematurely from a smoking-related illness. This represents about one in every 13 Americans aged 17 years or younger who are alive today.

[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/adult\\_data/cig\\_smoking/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/adult_data/cig_smoking/index.htm)

[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/fast\\_facts/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm)

### 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/providers/quality-programs/provider-quality-improvement-manual-pqim/preventive-health>.

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 **(800) 777-4793 extension 1-2247**.