



# Tobacco Cessation



## DSRIP Related Projects

- 3.b.i** – Evidence-Based Strategies for Disease Management in High Risk/Affected Populations: Cardiovascular
- 3.c.i** – Evidence-Based Strategies for Disease Management in High Risk/Affected Populations: Diabetes
- 4.a.ii** – Prevent Substance Abuse and other Mental Emotional Behavioral Disorders
- 4.b.ii** – Access to Chronic Disease Preventive Care Initiative

## Project goals

**Immediate:** Screen patients 18 or older in participating primary care settings and participating Office of Mental Health (OMH) licensed facilities for tobacco use and provide or connect to assistance for tobacco dependence.

**Long-term:** Reduce prevalence of tobacco use.

## Interventions

Implement the 5 A's of tobacco dependence intervention among providers.

**Ask** - Identify and document tobacco use status for every patient.

**Advise** - Urge every tobacco user to quit.

**Assess** - Is the tobacco user willing to make a quit attempt at this time?

**Assist** - For the patient willing to make a quit attempt, use counseling and pharmacotherapy to help him or her quit. For the patient unwilling to quit, discuss the 5R's: Relevance to quitting, Risks of continued smoking, Rewards of quitting, Roadblocks to quitting, and Repetition of the quitting message.

**Arrange** - Schedule follow-up contact, in person or by telephone, preferably within the first week after the quit date.

Connect patients who express an interest in quitting with the NYS Quitline and patient care team, including care management, to ensure adequate follow up and patient navigation. This may include utilizing Quitline's Trained Quit Coaches, Care Managers, community based resources and peer support to provide cessation counseling. Implement the 5 A's of tobacco dependence intervention among providers.

## Clinical Metrics

- Medical Assistance with Smoking and Tobacco Use Cessation** – Advised to Quit (CAHPS Survey) – The number of respondents, age 18 and older, who smoke or use tobacco some days or every day and were advised to quit.
- Medical Assistance with Smoking and Tobacco Use Cessation** – Discussed Cessation Medication (CAHPS Survey) – The number of respondents, age 18 years and older, who smoke or use tobacco and were recommended cessation medication.
- Medication Assistance with Smoking and Tobacco use Cessation** – Discussed Cessation Strategies (CAHPS Survey) - The number of respondents, age 18 and older, who smoke or use tobacco some days or every day and were provided with cessation methods or strategies.

## Educational Material

**Patient Education Materials:** NYS Smokers' Quitline Materials: 7000 Chemicals; Staying Tobacco Free; Young Adult Break Loose; 10 Things About Smoking; NYS Smokers' Quitline Information; National Cancer Institute: Clear the Air Booklet.

Phone: 1-866-NY-QUITS (1-866-697-8487)  
Website: [www.nysmokefree.com](http://www.nysmokefree.com)

**Provider Education Materials:** [Center for Disease Control-Health Care Professionals: Help Your Patients Quit Smoking](#)

[Center for Excellence- Tobacco Dependence Screening & Treatment Toolkit](#)

[Center for Excellence- Tobacco Dependence Screening & Treatment in the Behavioral Health Setting Toolkit](#)

## References/Guidelines

Provider References: Clinical Guidelines-Using Meds for Tobacco Cessation extracted from the U.S. Department of Health & Human Services Agency for Healthcare Research and Quality Clinical Guidelines for Treating Tobacco Use and Dependence;

Patient References: Clear the Air Booklet; NYS Smokers' Quitline Materials: 7000 Chemicals; Staying Tobacco Free; Young Adult Break Loose; 10 Things about Smoking; NYS Smokers' Quitline Information