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| CLINICAL PRACTICE GUIDELINE NAME: | <i>Tobacco Cessation – 5 A’s</i> |
| ORIGINAL DATE APPROVED BY QMC: | 7/02 IHN |
| DATES RE-REVIEWED BY QMC: | 11/04 IHN; 5/06 Logo Change; 9/06 SHPO; 1/07 SHPO; 6/09 SHPO; 7/11 SHPO |

GUIDELINE DESCRIPTION: (actual guideline attached)

This guideline via a flowchart describes the 5A’s for tobacco cessation and lists specific provider actions for each step. The flowchart includes information about the Tobacco Cessation Programs in our community.

FACTS ABOUT TOBACCO CESSATION:

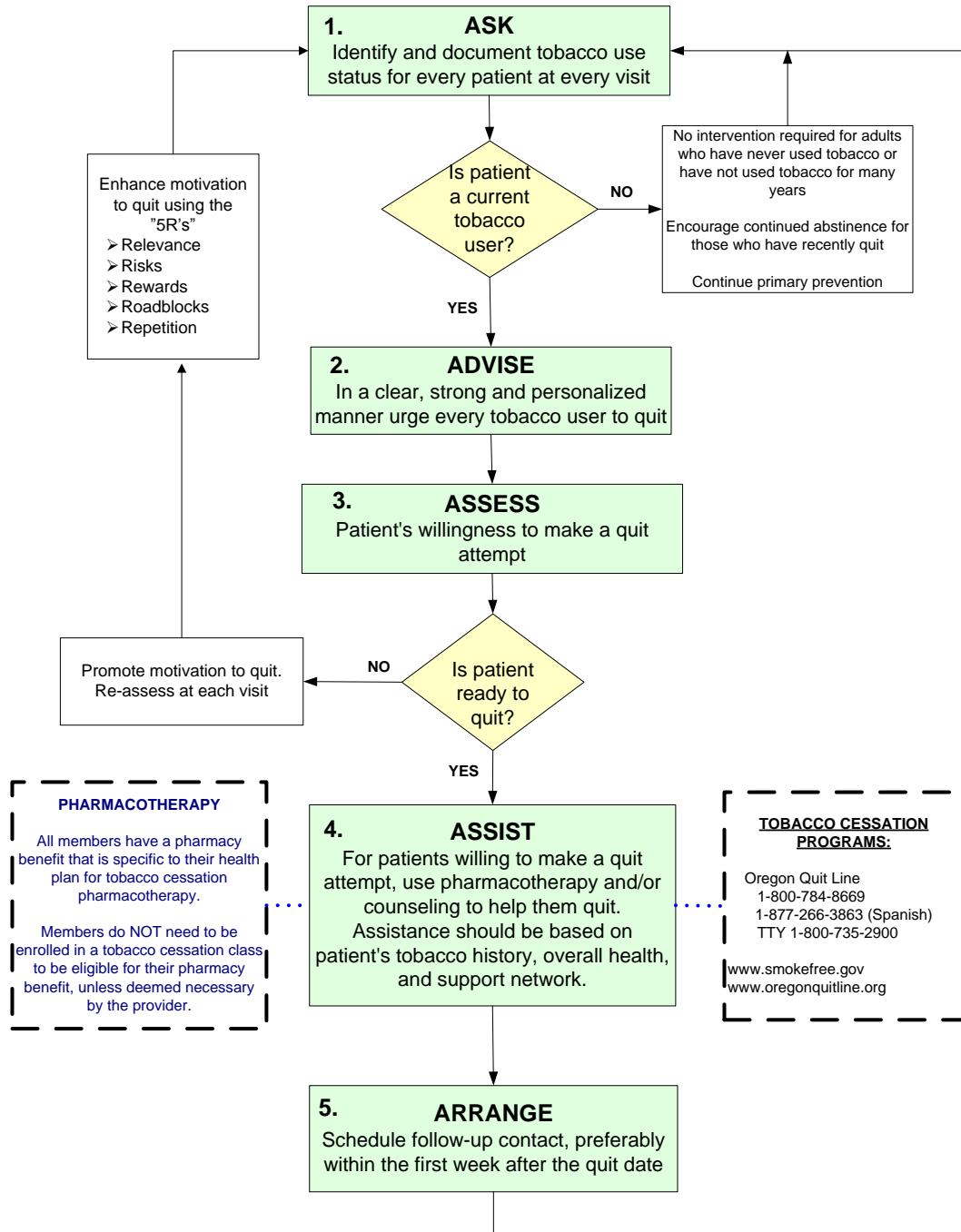
- Tobacco use remains the leading preventable cause of illness and death in our society.
- Tobacco dependence is a chronic condition that often requires repeated intervention.
- Brief tobacco dependence treatment is effective and every patient who uses tobacco should be offered at least brief treatment.
- Counseling by itself, or especially in conjunction with medication, can greatly increase a person’s success of quitting.
- Nearly half a million Americans die each year from tobacco-related illness.
- Treatments involving person-to-person contact (individual, group, telephone) are consistently effective and their effectiveness increases with treatment intensity.
- Pharmacotherapy for smoking cessation should be considered with all patients who are attempting to quit smoking except if contraindicated (refer to Tobacco Cessation Guideline)
- Tobacco dependence treatments are both clinically effective and cost-effective and tobacco cessation counseling is a covered benefit under SAHP, IHN, Samaritan Select, Sam Choice, and the SHS Employee Wellness Benefit.

REFERENCES:

1. US Department of Health and Human Services: Treating Tobacco Use and Dependence: 2008 Update. Quick Reference Guide for Clinicians. April 2009
<http://www.ahrq.gov/clinic/tobacco/tobaqrg.pdf>
2. US Department of Health and Human Services: What to Tell Your Patients About Smoking. December 2010.
http://www.cdc.gov/tobacco/data_statistics/sgf/2010/clinician_sheet/pdfs/clinician.pdf
3. American Academy of Family Physicians: Clinical Preventive Services: Tobacco Use. (2009) <http://www.aafp.org/online/en/home/clinical/exam/tabacco.html>

"These recommendations are designed to be guidelines but do not guarantee coverage by each plan. For coverage/benefit information please contact our member services department."

TOBACCO CESSATION GUIDELINE



Reference: **Clinical Practice Guideline** Treating Tobacco Use And Dependence, US Dept. of Health and Human Services, June 2000

Created by Samaritan Health Plan Operations 1-07;
Revised 6-09, 07-11