



Tobacco Use Treatment Guideline

Summary of 2008 US Public Health Services Guideline: Treating Tobacco Use and Dependence and Additional Background

For the general population (non-pregnant adults):

- Because tobacco dependence is a chronic condition often requiring repeated intervention, multiple attempts to quit may be required. At least two quit attempts per year should be covered;
- While counseling and medication are both effective in treating tobacco use when used alone, they are more effective when used together; and
- While individual, group, and telephone counseling are effective in treating tobacco use, effectiveness increases with treatment intensity.

Note that federal guidance for implementation of the ACA recommends the following coverage for each cessation attempt:

- Four tobacco cessation counseling sessions of at least 10 minutes each (including telephone counseling, group counseling and individual counseling) without prior authorization; and
- All FDA-approved tobacco cessation medications (including both prescription and over-the-counter medications) for a 90-day treatment regimen when prescribed by a health care provider without prior authorization.

For pregnant women:

- Because of the serious risk of smoking to the pregnant smoker and fetus, whenever possible, pregnant smokers should be offered tailored one-on-one counseling that exceeds minimal advice to quit; and
- The ACA (Section 4107) authorizes the coverage of counseling and pharmacotherapy for tobacco cessation in pregnant beneficiaries. However, pharmacotherapy is not recommended because there is insufficient evidence on its safety and effectiveness on pregnant women.

ACOG recommends clinical interventions and strategies for pregnant women who smoke. (ACOG, "Smoking Cessation During Pregnancy: Committee Opinion")

http://www.acog.org/Resources_And_Publications/Committee_Opinions/Committee_on_Health_Care_for_Underserved_Women/Smoking_Cessation_During_Pregnancy



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For children and adolescents:

- Counseling is recommended for adolescents who smoke, because it has been shown to be effective in treating adolescent smokers; and
- Counseling of parents who smoke, in a pediatric setting, has also shown to be effective and is recommended for tobacco cessation. Secondhand smoke can be harmful to children.

Note that coverage of medically necessary tobacco cessation services, including both counseling and pharmacotherapy, is mandatory for children up to age 21 years of age under Medicaid's EPSDT benefit. This benefit includes the provision of anticipatory guidance and risk-reduction counseling regarding tobacco use.



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Provider Trainings and Resources

5 Major Steps to Intervention: <http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/tobacco/5steps.html>

Action to Quit-Behavioral Health: <http://actiontoquit.org/populations/behavioral-health/>

ACA Facts Sheets and Resources (American Lung Association):
<http://www.lung.org/our-initiatives/tobacco/cessation-and-prevention/aca-factsheets-and-resources.html>

Helpline:
<https://www.nobutts.org/> (also available in Spanish, Chinese, Korean and Vietnamese)
<http://www.nobutts.org/free-training>
<http://www.nobutts-catalog.org/collections/health-care-provider-resources>

Continuing Medical Education California courses offered through UC Schools of Medicine <https://cmecalifornia.com/Education.aspx>

Centers for Disease Control Coverage for Tobacco Use Cessation Treatments:
http://www.cdc.gov/tobacco/quit_smoking/cessation/coverage/pdfs/coverage_tobacco_508_new.pdf

ICD-10 Codes Tobacco/Nicotine Dependence, and Secondhand Smoke Exposure, Effective October 1, 2015: <http://www.ctri.wisc.edu/documents/icd10.pdf>

Overview of the “Clinical Practice Guideline, Treating Tobacco Use and Dependence: 2008 Update” (State Medicaid Directors Letter # 11-007):
<http://bphc.hrsa.gov/buckets/treatingtobacco.pdf>

Patients Not Ready to Make a Quit Attempt Now (The “5 R’s”):
<http://www.ahrq.gov/sites/default/files/wysiwyg/professionals/clinicians-providers/guidelines-recommendations/tobacco/5rs.pdf>

Smokefree.gov: <http://smokefree.gov/health-care-professionals>

UC Quits-modules: <https://cmecalifornia.com/Activity/3439569/Detail.aspx>

University of California San Francisco’s Smoking Cessation Leadership Center’s tools and resources: <http://smokingcessationleadership.ucsf.edu/resources>



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USPSTF-Tobacco Smoking Cessation in Adults, Including Pregnant Women:
Behavioral and Pharmacotherapy Interventions:

<https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/tobacco-use-in-adults-and-pregnant-women-counseling-and-interventions1>

USPSTF-Tobacco Use in Children and Adolescents: Primary Care Interventions:

<https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/tobacco-use-in-children-and-adolescents-primary-care-interventions?ds=1&s=adolescentsandsmoking>

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