



**PREVENTIVE CARE GUIDELINE**

**Guideline Number:** DHMP\_DHMC\_PG1017

**Effective Date:** 11/1/2021

**Guideline Subject:** Smoking Cessation

**Revision Date:** 11/1/2022

**Pages:** 1 of 3

*Gregg Kamas*  
Quality Management Committee Chair

10/1/2021

Date

**I. PURPOSE:**

This guideline will address the assessment and treatment of tobacco abuse and nicotine addiction.

**II. POPULATION:**

This guideline applies to adults aged 18 years or older, including pregnant women. This guideline may apply to any form of nicotine/tobacco related substance/use.

**III. GUIDELINE:**

- A. Tobacco dependence is a chronic disease. It may require repeated intervention and continual assessment to increase long-term abstinence.
- B. Team Approach: Clinicians and other office/medical staff consistently identify and document tobacco use status and treat the tobacco user through the health care setting. Utilization of the 5 A's is an example of an effective intervention for office visits and team approach.
- C. The 5A's of Identification and Assessment:
  1. Ask: Ask about tobacco use and status (current or past) for every patient.
  2. Advise: advise all tobacco users to quit. Use strong, clear and a personalized manner to urge every tobacco user to quit.
  3. Assess: assess willingness to quit. If the patient is willing to make an attempt to quit, provide/offer assistance.
  4. Assist: For those willing to make an attempt to quit, assist them by setting goals for a quit date. Give advice on successful quitting, make referrals to counseling or additional treatment to help them quit, provide brief intervention that will motivate a future quit attempt, etc.
  5. Arrange: Arrange for follow up. Colorado QuitLine is available to Members. Patients should be contacted or congratulated on their abstinence. Patients who are unable to quit or who relapse should be reassessed. For those who relapse, encourage them to set a new quit date.
- D. Tobacco dependence treatments are effective across a broad range of populations. Clinicians should encourage every patient willing to make a quit attempt to use all resources available:
  1. Denver Health Medical Plan and Denver Health Medicaid members are eligible for smoking and tobacco chewing cessation counseling and have access to medications to help them quit. All members can receive smoking cessation counseling from Colorado Quit Line (1-800-QUIT-NOW), and from ACS Clinic based Certified Addictions Counselors.
  2. Medications are available to assist with cessation and abstinence but may differ depending on plan coverage. Please refer to member services for further information.
- E. Pharmacological/Behavioral Interventions are effective. DHMP provides a variety of both behavioral and pharmacological resources (by service line as follows):
  1. Medicaid/CHP+

**NOTE:**

*This guideline is designed to assist providers by providing an analytical framework for the evaluation and treatment of patients, and is not intended either to replace a clinician's judgment or to establish a protocol for all patients with a particular condition.*



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\_\_\_\_\_  
**Quality Management Committee Chair**

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- OTC nicotine replacement therapy: Available with a prescription at any pharmacy for \$0
  - Zyban (bupropion): Available with a prescription at any pharmacy for \$0 copay
  - Chantix: Available with a prescription at any pharmacy for \$0 copay
  - Nicotrol Inhaler and Nasal Spray: Available with a prescription at any pharmacy for \$0 copay
  - Free Counseling from the Colorado QuitLine
2. DH Medical Plan/City and County of Denver/DERP/Denver Police
- OTC nicotine replacement therapy: Available with a prescription at any pharmacy for \$0
  - Zyban (bupropion): Available with a prescription at any pharmacy for \$0 copay
  - Chantix: Available with a prescription at any pharmacy for \$0 copay
  - Nicotrol Inhaler and Nasal Spray: Available with a prescription at any pharmacy for \$0 copay
  - Free Counseling from the Colorado QuitLine
3. Elevate
- OTC nicotine replacement therapy: Available with a prescription at any pharmacy for \$0
  - Zyban (bupropion): Available with a prescription at any pharmacy for \$0 copay
  - Chantix: Available with a prescription at any pharmacy for \$0 copay
  - Nicotrol Inhaler and Nasal Spray: Available with a prescription at any pharmacy for \$0 copay (requires a previous trial of nicotine patch)
  - Free Counseling from the Colorado QuitLine
4. DH Medicare
- OTC nicotine replacement therapy: Available through the Colorado Quit Line only
  - Zyban (bupropion): Available with applicable copay
  - Chantix: Available with applicable copay
  - Nicotrol Inhaler and Nasal Spray: Available with applicable copay
  - Free Counseling from the Colorado QuitLine

- F. If the tobacco user is currently unwilling to make an attempt to quit, clinicians should utilize motivational treatments that have shown to be effective in future attempts. Clinicians and the healthcare team should continue to assess use and readiness to quit at future office visits.

**IV. Additional Resources:**

- A. National QuitLine Network: 1800-QUIT-NOW
- B. Affordable Care Act Tobacco Cessation Guidance Toolkit: American Lung Association  
<http://www.lung.org/our-initiatives/tobacco/cessation-and-prevention/affordable-care-act-tobacco.html>
- C. Freedom From Smoking: American Lung Association's smoking cessation program  
<http://www.lung.org/stop-smoking/join-freedom-from-smoking/>
- D. Federal Online Program: USDHHS (NIH, CDC, NCI) sponsored online cessation program

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<https://www.smokefree.gov/>

- E. Fax-to-Quit Referral Form – Colorado QuitLine (ATTACHED)

**V. REFERENCES:**

Larzelere, M. M., & Williams, D. E. (2012, March 15). Promoting smoking cessation. American Family Physician.

<https://www.aafp.org/afp/2012/0315/p591.html>

National Institute on Drug Abuse. (2021, June 10). Cigarettes and other tobacco Products DrugFacts. National Institute on Drug Abuse. <https://www.drugabuse.gov/publications/drugfacts/cigarettes-other-tobacco-products>

Quit tobacco prescription: Smoking cessation drugs. American Cancer Society. (2020, October 10).

<https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking/prescription-drugs-to-help-you-quit-smoking.html>

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# Sick of Smoking?

Sick of smoking and trying to quit? Call the Colorado QuitLine for free support from a Quit Coach and free nicotine patches.

## Free support and quit plan

This includes a personal quit plan from a Quit Coach, plus tips and support that improves your chances of quitting for good.

## Free nicotine patches

A free supply of nicotine patches that helps control your cravings will be mailed to you. In order to receive nicotine patches, you must participate in the Colorado QuitLine program and be at least 18 years old.

## Free self-help guide with quit tools to help you

You will be given lots of information, tips, and tools used by many tobacco users who have quit. This includes great ways to cope with stress and create a happy, healthy lifestyle while you are quitting and after you quit.

## The QuitLine works!

You are seven times more likely to quit with the QuitLine than if you try to quit on your own. Call the QuitLine for a great start to your new life without tobacco.

## What happens when I call the Colorado QuitLine?

1. Your call will be answered by a QuitLine Customer Representative. You will be asked for information such as your name, address, telephone number, etc. All information is kept strictly confidential.
2. You will then talk to your Quit Coach who will explain how the QuitLine works. Next they will ask some questions about tobacco history. All information is kept strictly confidential.
3. Your Quit Coach will help you to create a quit plan, including a quit date and ways to make quitting easier.
4. Your Quit Coach will explain the different kinds of products that can help you quit. If you want to use the nicotine patches, your Quit Coach will ask you a few health questions. Your doctor may need to write a medical consent. Your coach will explain how to use the patches and how to order a free supply, which will be mailed to you.

**If you prefer you can speak with your provider first about the medicines to help you quit. You can also use the QuitLine services to help you quit!**

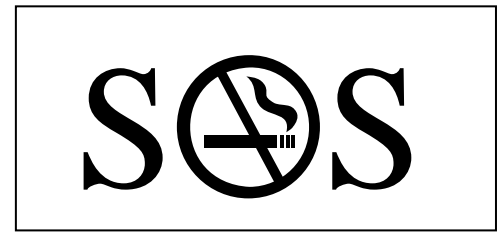
**1-800-QUITNOW (1-800-784-8669) / [www.coquitline.org](http://www.coquitline.org)**

## YOU won't regret it!

The benefits begin when you quit, even if you have smoked for decades:

- 20 minutes:** Blood pressure and pulse rate decrease
- 8 hours:** Carbon monoxide and oxygen levels in blood return to normal
- 2 weeks:** Circulation improves and lung function increases
- 1-9 months:** Coughing, sinus congestion, fatigue and shortness of breath decrease
- 1 year:** Likelihood of a heart attack is cut in half
- 5 years:** Risk of stroke is reduced
- 10 years:** Risk of dying of lung cancer reduced
- 15 years:** Risk of heart disease and death is the same as someone who never smoked

**DENVER HEALTH - Sick of Smoking? PATIENT INFORMATION**



# ¿Harto de Fumar?

¿Está harto de fumar y de tratar de dejar de hacerlo? Llame a la QuitLine de Colorado para obtener apoyo gratuito de un instructor para dejar de fumar y parches gratuitos de nicotina.

## Apoyo gratuito y plan para dejar de fumar

Esto incluye un plan personal para dejar de fumar por un instructor, más consejos y apoyo que mejoren sus oportunidades de dejarlo para siempre.

## Parches gratuitos de nicotina

Un suministro gratuito de parches de nicotina que le ayuden a controlar su deseo de fumar le será enviado por correo. Para recibir los parches de nicotina, Ud. debe participar en el programa QuitLine de Colorado y tener por lo menos 18 años de edad.

## Guía gratuita de autoayuda con instrumentos para ayudarle a dejar de fumar

Se le dará mucha información, consejos e instrumentos utilizados por muchos consumidores de tabaco que lo han dejado. Esto incluye grandes maneras de enfrentarse al estrés y crear un estilo de vida feliz y sano mientras Ud. deja de fumar y después de dejarlo.

## ¡La QuitLine funciona!

Ud. tiene siete veces más posibilidades de dejar de fumar con la QuitLine que si trata de dejarlo solo. Llame a la QuitLine para un gran comienzo de su nueva vida sin tabaco.

## ¿Qué pasa cuando llamo a la QuitLine de Colorado?

1. Su llamada será contestada por un Representante de Clientes de la QuitLine. Se le pedirá información, tal como su nombre, dirección, número de teléfono, etc. Toda información se mantiene estrictamente confidencial.
2. Luego, Ud. hablará con su instructor para dejar de fumar quien le explicará cómo funciona la QuitLine. Después, le harán algunas preguntas sobre su historial de consumo de tabaco. Toda información se mantiene estrictamente confidencial.
3. Su instructor le ayudará a crear un plan para dejar de fumar, incluyendo una fecha para dejarlo y maneras de hacerlo más fácilmente.
4. Su instructor le explicará las diferentes clases de productos que pueden ayudarle a dejar de fumar. Si Ud. quiere utilizar los parches de nicotina, su instructor le hará unas pocas preguntas sobre su salud. Tal vez su doctor necesite escribir un consentimiento médico. Su instructor le explicará cómo utilizar los parches y cómo ordenar un suministro gratuito, que le será enviado por correo.

**Si prefiere, puede hablar primero con un proveedor sobre las medicinas que le ayuden a dejarlo. ¡También puede usar los servicios de la QuitLine para ayudarle a dejarlo!**

**1-800-QUITNOW (1-800-784-8669) / [www.coquitline.org](http://www.coquitline.org)**

## ¡Ud. no se arrepentirá!

Los beneficios empiezan cuando Ud. deja de fumar, incluso si ha fumado por décadas:

**20 minutos:** La tensión arterial y la frecuencia del pulso disminuyen

**8 horas:** Los niveles de monóxido de carbono y oxígeno en sangre regresan a lo normal

**2 semanas:** La circulación mejora y aumenta la función pulmonar

**1-9 meses:** Disminuyen la tos, congestión de senos nasales, fatiga y falta de aliento

**1 año:** La probabilidad de un infarto se disminuye a la mitad

**5 años:** Se reduce el riesgo de derrame

**10 años:** Se reduce el riesgo de morir por cáncer de pulmón

**15 años:** El riesgo de enfermedad cardíaca y muerte es igual al de alguien que nunca ha fumado

DENVER HEALTH - ¿Harto de Fumar? PATIENT INFORMATION



# What is Secondhand Smoke?

Secondhand smoke is the smoke that a non-smoker breathes from a person who is smoking. It includes the smoke from the end of a burning cigarette or cigar, and the smoke breathed out into the air by the smoker. Secondhand smoke stays in the air and in your clothes long after the cigarette is gone.

## Why is secondhand smoke dangerous?

Secondhand smoke contains over 4,000 chemicals. Some are poisons and can cause cancer. Secondhand smoke also causes eye, nose and throat problems. People who are around second-hand smoke can have coughing, increased mucus, and chest pain. Secondhand smoke can be harmful to your heart and lungs.

## Why should parents be worried about secondhand smoke?

Infants and young children suffer the most from the poisons in secondhand smoke. Infants that are exposed to secondhand smoke are more likely to die from sudden infant death syndrome (SIDS) than babies who are not exposed to secondhand smoke. These children can also get ear infections, chronic cough, colds and other lung/breathing problems. Children who breathe second hand smoke have more hospital admissions. If your child has asthma, secondhand smoke can make them have more frequent and severe attacks.

## What if I have asthma?

Avoid being around people who smoke. If you breathe secondhand smoke you will have more asthma attacks. The attacks are worse.

## How can I protect my family and myself?

- Make your home and car smoke-free
- Step outside each and every time you smoke
- Opening a window, sitting in a separate area, or using ventilation, air conditioning, or a fan **CANNOT** eliminate secondhand smoke exposure
- Make sure your child's school and daycare are smoke-free
- Avoid secondhand smoke especially if you or your children have breathing problems, heart problems or if you are pregnant
- If you are a smoker, the best way to protect your family from secondhand smoke is to quit smoking
- Call the Colorado QuitLine (1-800-784-8669) for help to stop smoking

## Who do I call if I have questions or problems?

If you have questions call the clinic at (303) \_\_\_\_\_.  
You can also call the Denver Health NurseLine at (303) 739-1211 any time day or night.



**Special instructions:** \_\_\_\_\_



# ¿Qué es Humo de Segunda Mano?

El humo de segunda mano es el humo que un no-fumador respira de una persona que está fumando. Incluye el humo del final de un cigarro o cigarrillo encendido, y el humo expirado hacia el aire por el fumador. El humo de segunda mano permanece en el aire y en su ropa mucho después de que el cigarrillo se ha terminado.

## ¿Por qué es peligroso el humo de segunda mano?

El humo de segunda mano contiene más de 4,000 sustancias. Algunas son venenos y pueden causar cáncer. El humo de segunda mano puede también causar problemas de ojos, nariz y garganta. La gente que tiene a su alrededor humo de segunda mano puede tener tos, aumento de la mucosidad y dolor de pecho. El humo de segunda mano puede ser dañino para su corazón y pulmones.

## ¿Por qué los padres deberían preocuparse sobre el humo de segunda mano?

Los infantes y niños pequeños son los que más sufren por los venenos del humo de segunda mano. Los infantes que son expuestos al humo de segunda mano están más propensos a morir del síndrome de muerte súbita del lactante (SIDS en inglés) que los bebés que no están expuestos. Estos niños también pueden contraer infecciones de los oídos, tos crónica, resfríos y otros problemas pulmonares. Los niños que respiran humo de segunda mano tienen más hospitalizaciones. Si su niño tiene asma, el humo de segunda mano puede hacer que tenga ataques severos más frecuentes.

## ¿Qué pasa si tengo asma?

Evite estar cerca de personas que fuman. Si Ud. respira humo de segunda mano, tendrá más ataques de asma. Los ataques son peores.

## ¿Cómo puedo proteger a mi familia y a mí mismo?

- Convierta su casa y auto en un ambiente sin humo
- Cada vez que fume hágalo fuera de casa
- Abrir una ventana, sentarse en una área separada, o usar ventilación, aire acondicionado o un ventilador **NO** elimina la exposición al humo de segunda mano
- Asegúrese que la escuela y guardería de su hijo(a) están libres de humo
- Evite el humo de segunda mano especialmente si Ud., o sus hijos tienen problemas de respiración, problemas del corazón o si esta embarazada
- Si fuma, la mejor manera de proteger a su familia del humo de segunda mano es dejando de fumar
- Llame a Colorado QuitLine al (1-800-784-8669) para buscar ayuda para dejar de fumar

## ¿A quién llamo si tengo preguntas o problemas?

Si tiene preguntas llame a la clínica al (303)\_\_\_\_\_. También puede llamar a la Línea de la Enfermera de Denver Health al (303) 739-1211 a cualquier hora del día o de la noche.



Instrucciones especiales: \_\_\_\_\_

# FAX-TO-QUIT REFERRAL FORM

Date \_\_\_\_\_



Use this form to refer patients who are ready to quit tobacco in the next 30 days to the Colorado QuitLine.

## PROVIDER(S): Complete this section

Provider name _____	Contact name _____
Clinic/Hosp/Dept _____	E-mail _____
Address _____	Phone (    )    - _____
City/State/Zip _____	Fax (    )    - _____

**PLEASE INDICATE IF THE PATIENT HAS MEDICAID:**  YES  NO

If yes, and you are prescribing tobacco cessation medication, please complete the Medicaid prior-authorization form on the back of this form and provide patient with a prescription. All FDA-approved tobacco cessation medications are available.

Does patient have any of the following conditions?

pregnant     uncontrolled high blood pressure     heart disease

**YES**, I authorize the QuitLine to send the patient over-the-counter nicotine replacement therapy.

### Provider signature

A provider signature is required to authorize the QuitLine to dispense nicotine replacement therapy for patients with any of the above conditions.

Comments \_\_\_\_\_

## PATIENT: Complete this section

\_\_\_\_\_  
*Initial* Yes, I am ready to quit and ask that a QuitLine coach call me. I understand that the Colorado QuitLine will inform my provider about my participation.

Best times to call?  morning  afternoon  evening  weekend

May we leave a message?  Yes  No

Are you hearing impaired and need assistance?  Yes  No

Insurance?  Yes  No

Insurance carrier: \_\_\_\_\_

Member ID: \_\_\_\_\_

Medicaid?  Yes  No

Date of birth:    /    /                      Gender  M  F

Patient name (Last) \_\_\_\_\_ (First) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ CO \_\_\_\_\_

Zip code \_\_\_\_\_ E-mail \_\_\_\_\_

Phone #1 (    )    - \_\_\_\_\_ Phone #2 (    )    - \_\_\_\_\_

Language  English  Spanish  Other \_\_\_\_\_

**Patient signature** \_\_\_\_\_

Date \_\_\_\_\_

**PLEASE FAX THIS PATIENT FAX REFERRAL FORM TO: 1-800-261-6259**

Or mail to: Colorado QuitLine, National Jewish Health, 1400 Jackson St., M305, Denver, CO 80206

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