



**PREVENTIVE CARE GUIDELINE**

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

**Effective Date:** 11/1/2022

**Guideline Subject:** Smoking Cessation

**Revision Date:** 11/1/2023

**Pages:** 1 of 3

**Christine Seals Messersmith MD**

**Quality Management Committee Chair**

**11/1/22**

**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 Quit Line 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:**

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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 Quit Line

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 Quit Line

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:**

USPSTF Promoting smoking cessation. American Family Physician. Am Fam Physician. 2021;103(12):online

<https://www.aafp.org/pubs/afp/issues/2021/0615/od1.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>

CDC Smoking & Tobacco Usage :[https://www.cdc.gov/tobacco/quit\\_smoking/cessation/index.htm](https://www.cdc.gov/tobacco/quit_smoking/cessation/index.htm)

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

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

Nicotine Replacement Therapy August 21, 2021

<https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quit-smoking/nicotine-replacement-therapy.html>

**Signature:** *Christine Seals Messersmith MD*  
Christine Seals Messersmith MD (Nov 10, 2022 10:58 MST)

**Email:** christine.seals@dhha.org

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# Smoking Cessation 2022-needs signature

Final Audit Report

2022-11-10

Created:	2022-11-10
By:	Jacqueline De La Torre (Jacqueline.DeLaTorre@dhha.org)
Status:	Signed
Transaction ID:	CBJCHBCAABAAMLaWU04eX-FFRbZ_fOJ1CYtkWnEzTKI

## "Smoking Cessation 2022-needs signature" History

-  Document created by Jacqueline De La Torre (Jacqueline.DeLaTorre@dhha.org)  
2022-11-10 - 4:45:54 PM GMT
-  Document emailed to christine.seals@dhha.org for signature  
2022-11-10 - 4:46:17 PM GMT
-  Email viewed by christine.seals@dhha.org  
2022-11-10 - 5:58:18 PM GMT
-  Signer christine.seals@dhha.org entered name at signing as Christine Seals Messersmith MD  
2022-11-10 - 5:58:33 PM GMT
-  Document e-signed by Christine Seals Messersmith MD (christine.seals@dhha.org)  
Signature Date: 2022-11-10 - 5:58:35 PM GMT - Time Source: server
-  Agreement completed.  
2022-11-10 - 5:58:35 PM GMT