

## **Treating the Tobacco Dependent Patient: Interventions That Work**

**Satellite Conference and Live Webcast  
Wednesday, March 11, 2015  
12:00 – 1:30 pm Central Time**

**Produced by the Alabama Department of Public Health  
Video Communications and Distance Learning Division**

## **Faculty**

**Leigh Ann Hixon, BSN, RN  
Plan First Program Manager  
Bureau of Family Health Services  
Alabama Department of Public Health**

## **Plan First and Tobacco Cessation**

### **What is Plan First?**

- **Alabama's Plan First Program is a family planning program for women ages 19 to 55**
- **Plan First provides:**
  - **A yearly family planning exam**
  - **Care support from a social worker or nurse**

### **What is Plan First?**

- **Some types of birth control such as, birth control pills and Depo - Provera shots**
- **Tubal ligation (tube tying) for women 21 years or older**
- **Lab work such as, testing for pregnancy and STDs**

### **What is Plan First?**

- **Help in planning when to have a baby**
- **Tobacco cessation program**
  - **started in 2012**
- **Mid to late 2015 Medicaid will begin covering vasectomies for males**

### **Why is Tobacco Cessation Included?**

- **High Tobacco Prevalence Rates**
  - According to 2014 Behavioral Risk Factor Surveillance System (BRFSS):
    - 18% of females in Alabama smoke
    - 21% of female smokers in Alabama are ages 19 - 55

### **Why is Tobacco Cessation Included?**

- **Preconception Health**
  - Every woman should be thinking about her health
    - Even if she is not planning a pregnancy
  - About half of all pregnancies are not planned

### **Why is Tobacco Cessation Included?**

- **Smoking has many adverse reproductive effects, including increased risk for:**
  - Infertility
  - Miscarriage
  - Pre - term delivery
  - Stillbirth

### **Why is Tobacco Cessation Included?**

- Low birth weight
- Sudden infant death syndrome (SIDS)

### **What Tobacco Cessation Benefits Are Available?**

- **Two - pronged approach (coaching + medications)**
- **Rationale:**
  - Telephone Quitline counseling is effective with diverse populations and has a broad reach

### **What Tobacco Cessation Benefits Are Available?**

- Providing medication in addition to counseling significantly enhances treatment outcomes

**Tobacco Cessation Medications**

- Nicotine replacement products
  - Over the counter
    - Patches - Only product prescribed by ADPH
    - Lozenges
    - Gum

**Tobacco Cessation Medications**

- Prescription only
  - Inhaler
  - Nasal spray
- Non - nicotine based products – prescription only
  - Varenicline Tartrate (Chantix®)
  - Bupropion (Zyban®)

**How Are Tobacco Cessation Benefits Accessed?**

- Nurse Management: If patient is already approved for Plan First
  - Assess patient’s tobacco use and quantity
  - Inquire if the patient is interested in the cessation program

**How Are Tobacco Cessation Benefits Accessed?**

- If yes, the patient must be under the care of the health department with a medical history on file prior to prescribing NRT patches
  - If the patient is being seen by another Plan First provider, refer her to that location for the smoking cessation therapy

**How Are Tobacco Cessation Benefits Accessed?**

- Inform patient about the Alabama Tobacco Quitline and what services are provided

**How Are Tobacco Cessation Benefits Accessed?**

- Nurse Practitioner Management
  - Review patient’s medical history
    - Patients with contraindications may be reassessed at a later time for NRT per NP discretion
  - Prescribe nicotine patch based on tobacco use history / quantity

### How Are Tobacco Cessation Benefits Accessed?

- Heavy tobacco use (10 or more cigarettes per day and/or uses other tobacco products)
  - 21mg for 6 weeks, then 14mg for 2 weeks, then 7 mg for 2 weeks

### How Are Tobacco Cessation Benefits Accessed?

- Light tobacco use (less than 10 cigarettes per day)
  - 14mg for 6 weeks, then 7mg for 2 weeks
- Refer patient to Care Coordinator to complete referral to the Quitline

### Care Coordinator Role

- Discuss Quitline with patient and complete fax referral
- Advise patient that Rx can be filled at any local pharmacy
- Follow - up with patient on a quarterly basis

### Care Coordinator Role

ADPH® **Plan First**

PLAN FIRST/MEDICARE SMOKING CESSATION PROGRAM  
PATIENT REFERRAL/CONSENT FORM FOR ALABAMA QUITLINE

Print Form/Name	Patient's Name: _____ Medicaid # _____ Date: _____ Telephone #: _____ *Best Contact Time: _____ *Cigarettes _____ *E-mail: _____
	I hereby authorize my healthcare provider to release my contact information and information regarding my tobacco use to the Alabama Tobacco Quitline. This authorization is continuing. I understand that the Alabama Tobacco Quitline will contact me to provide information and support to quitting tobacco and will provide progress reports to my healthcare provider. I agree to take part in this program and I understand that my participation is voluntary. I understand that any information I provide will be kept confidential. Patient/Client Signature for Consent: _____
Referral Provider	Comments: _____ I request that the Alabama Tobacco Quitline, operated by National Jewish Health, contact my patient for the provision of tobacco cessation services. Care Coordinator/ Referring Provider: _____
	Print Name: _____ Signature: _____ Facility/County Health Department Name: _____ Address: _____ Telephone #: _____ Fax #: _____ Date: _____
Quitline	Alabama Tobacco Quitline 1-800-QUIT-4NOW Fax to Alabama Tobacco Quitline: 1-800-261-6258

For additional forms (P&ID) contact ADPH or visit <http://www.adph.org> September 2014  
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### Quitline Role

- Alabama Tobacco Quitline
  - Contact within 24 hours of referral
  - Individualized quit plan
  - Ongoing support from quit coach (5 coaching calls)
  - Brief survey call 7 months after registration

### Program Evaluation

- UAB School of Public Health completed recent evaluation of Plan First tobacco cessation program
  - Over 1,500 participants were referred to the Quitline between November 2012 and February 2014

### **Program Evaluation**

- **Approximately 28% of participants who were contacted for follow - up quit smoking at some point during the evaluation period**
- **Successful quitters were more likely to have used both NRT and the Quitline**

### **Summary**

- **Tobacco use continues to be a problem in Alabama**
- **Brief interventions by healthcare providers increase the likelihood of patients making quit attempts**
- **AARP intervention helps save time while also ensuring a complete tobacco intervention**

### **Summary**

- **Quitlines are reliable and accessible treatment options for tobacco users**
- **Tobacco cessation medications increase chances of successful quit attempts**
- **Alabama Medicaid and Plan First covers nicotine replacement therapy products and prescription cessation medications**

### **Contact Information**

**Leigh Ann Hixon, BSN, RN  
Plan First Program Manager  
Bureau of Family Health Services  
Alabama Department of Public Health**

**Leighann.Hixon@adph.state.al.us  
(334) 206-5582**