

Tobacco Cessation in Primary Care Tips, Tools & Techniques

Session 1: Assessment and Treatment Steps



Overview of Session 1

- [Regional Clinical Practice Guideline for the Management of Tobacco Use and Dependence](#) and [Patient Tools and Resources](#)
- Assess and Treat Tobacco Use:
 - Assessment & Management
 - Stages of Change, 5 A's & 5 R's
- [Family Medicine Primary Care - Implementation of the Regional Guideline for the Management of Tobacco Use and Dependence](#)
 - EMR Updates, tools





Background

- [Regional](#) & [Family Medicine Primary Care](#) Clinical Practice Guidelines were developed to strengthen existing tobacco reduction / cessation knowledge
- Build and enhance capacity within Primary Care interprofessional teams to identify and manage individuals who use tobacco
- Purpose of Smoke Free Hospital to Home (SFH2H) Project
 - Acute and Community components



Regional Approach by Sector

- Acute Care:
 - Nicotine withdrawal management
- Family Medicine / Primary Care - Cessation/harm reduction



Objectives

- After completing these sessions, you should be equipped to:
 - Consistently identify person's who use tobacco
 - Provide evidenced based interventions using the following:
 - 2013 Management of Tobacco Use and Dependence Clinical Practice Guideline (CPG)
 - FMPC Implement the CPG using processes and tools developed for Primary Care



Tools to get Patient thinking...

The following are a few quick tools to help you get started (more tools and information is available on the websites listed above). You may want to print them:

- [Benefits of Quitting](#)
- [Charting your Cigarettes](#)
- [Knowing Your Triggers](#)
- [Withdrawal Symptoms and How to Cope](#)
- [Quit-smoking products: Boost your chance of quitting for good](#) (information on medications to help you quit)
- [Preparing for Quit Day](#)
- [Managing Stress When Quitting Smoking - General Coping Strategies](#)
- [Nutrition Tips when you Stop Smoking](#)
- [“Quit Smoking Tools and Tips”](#) Patient Handout located in the EMR



Help if You're Not Ready to Quit

- There are several resources available to help when you're just starting to consider quitting or not ready to quit:
- [Thinking About my Smoking](#) - (decisional balance) worksheet
- [For smokers who don't want to quit](#) - a self-help guide developed by Canadian Cancer Society (also available as a print resource - call: 204-774-7483)
- [It's your Health: Second hand smoke](#) - Health Canada information on what second hand smoke is, its health effects, and what you can do to reduce your risk.



5 A's, Actions, Implementation Strategies and tools

- Refer to handouts:
 - Tobacco Assessment and Management,
 - Decisional Balance Worksheet – Thinking about my Smoking,
 - Benefits of Quitting,
 - Know Your Triggers,
 - Charting Your Cigarettes,
 - Withdrawal Symptoms

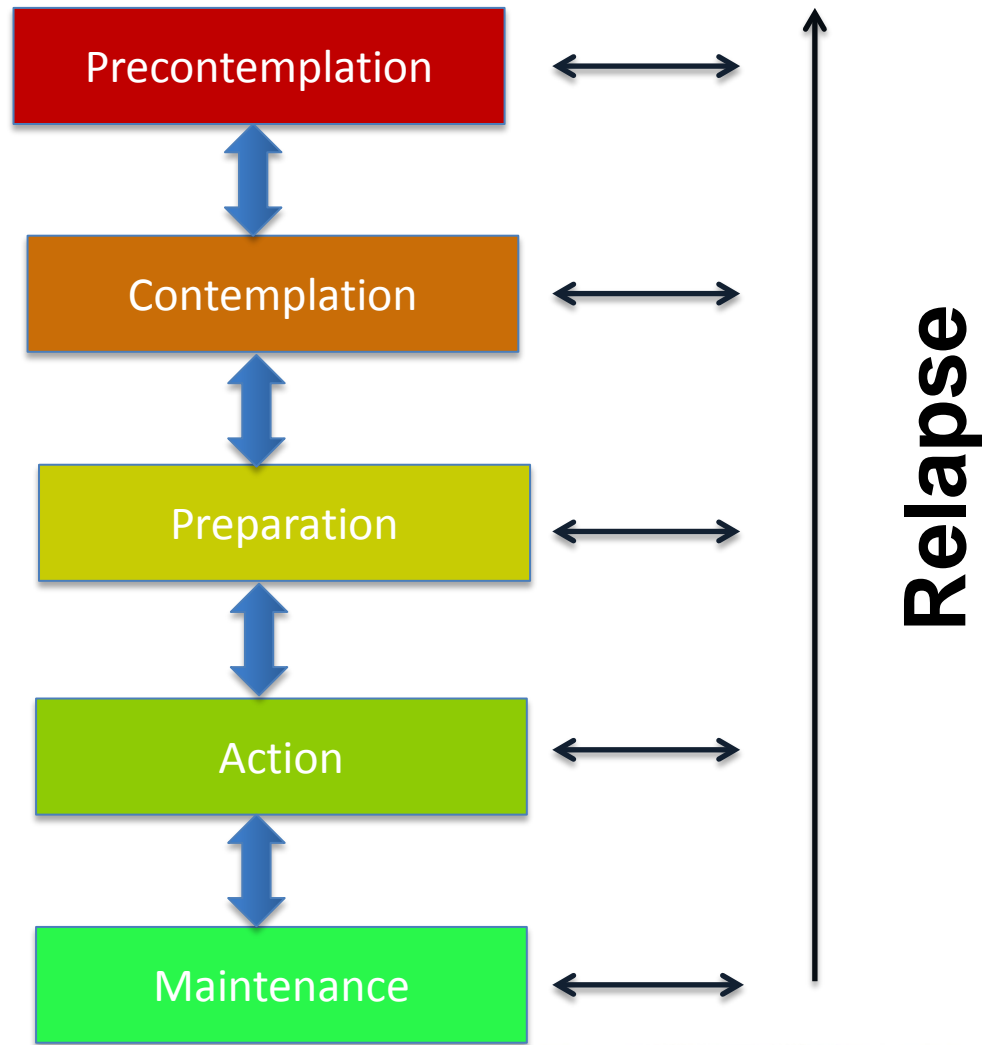


5 R's, Strategies for Implementation and Examples

- Refer to Handouts



Stages of Change



Stages of Change

“Are you thinking about quitting now” is an important ASSESSMENT question because it will identify which Stage of Change the client is in:

- Would you like to stop using tobacco?
- Do you think you have a chance of quitting successfully? ... *Allows you to assess stage of change.*
- Pre-contemplative....Not thinking about quitting
- Contemplative ...Thinking about it but not yet ready
- Preparation.... Getting ready to quit
- Action ... Quitting now
- Maintenance ... Have already quit, remaining a non smoker



Name that Stage!

- 1) I stopped smoking 2 weeks ago and it's been tough, but I'm keeping at it.
- 2) I want to quit, what do I do now?
- 3) Why is everyone always telling me to quit smoking?
- 4) I'm interested but not sure whether I can quit right now.
- 5) I quit last year but I still find myself craving a cigarette a little every once in a while




What's New in Electronic Medical Record.... (as of October 26th)

- Primary Care Quality Indicator “Prevention” is now mapped

Smoker		Yes	
Date of Smoking Cessation Advice	2017-Nov-04	2015-Nov-04: Tobacco Assessme...	





Tobacco – Current User Maps to PCQI Smoker “Yes”

Tobacco - Current User in the EMR “*Lifestyle band*” **Tobacco Current - User** includes daily tobacco and non-daily tobacco user (also known as occasional tobacco users) who have not quit



Tobacco – Current User Maps to PCQI Smoker “Yes”

The screenshot shows a software window titled "Lifestyle" with a close button (X) in the top right corner. The window is divided into several sections:

- History:** A text input field.
- Category List:** A list of categories with scroll arrows on the right. The categories are:
 - Exercise
 - Nutrition
 - Substance Use
 - Tobacco - Current User** (highlighted)
 - Tobacco - Former User
 - Tobacco - Never a User
- Details:** A dropdown menu.
- Note:** A text input field.
- Date:** A text input field.
- End Date:** A text input field.
- Life Stage:** A dropdown menu with the following options:
 - Cigarettes
 - Cigar / Pipe
 - Spit / Chew
 - e-Cigarette
 - Other Form** (highlighted)
- Treatment:** A text input field.
- Negative:** A checkbox.
- Buttons:** Four buttons at the bottom: "Delete", "Save and New", "Save and Close", and "Cancel".



e - Cigarettes ...while we are on the topic of forms of Tobacco...

- “Without scientific evidence, Health Canada continues to advise Canadians against the use of these products.
- To date there is not sufficient evidence that the potential benefits of e-cigarettes in helping Canadians to quit smoking outweigh the potential risks.” Health Canada (2014)
- Key Issue: e- Cigarettes may undo the de-normalization of smoking, thereby undermining all the progress that has been made in reducing smoking rates.

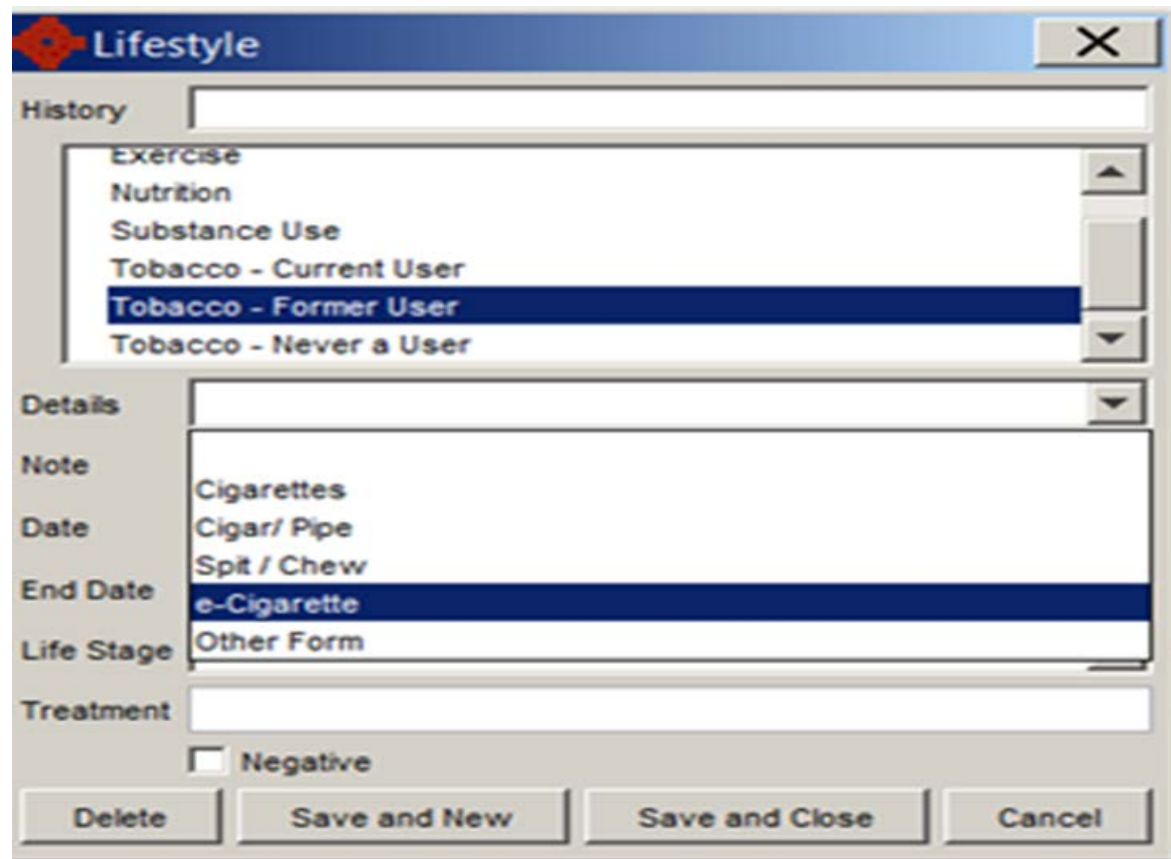


Tobacco – Former User Maps to PCQI Smoker “No”

- **Tobacco - Former User** - In the EMR *‘Lifestyle band’* **“Tobacco – Former User”** This captures patients who have quit using tobacco however, had previously used tobacco at least 100 times in their lifetime.



Tobacco – Former User Maps to PCQI Smoker “No”



The screenshot shows a software window titled "Lifestyle" with a close button (X) in the top right corner. The window is divided into several sections:

- History:** A text input field.
- Details:** A dropdown menu with the following options: Exercise, Nutrition, Substance Use, Tobacco - Current User, **Tobacco - Former User** (highlighted), and Tobacco - Never a User.
- Note:** A text input field.
- Date:** A text input field.
- End Date:** A text input field.
- Life Stage:** A dropdown menu with the following options: Cigarettes, Cigar/ Pipe, Spit / Chew, **e-Cigarette** (highlighted), and Other Form.
- Treatment:** A text input field.

At the bottom of the window, there is a checkbox labeled "Negative" which is currently unchecked. Below the checkbox are four buttons: "Delete", "Save and New", "Save and Close", and "Cancel".

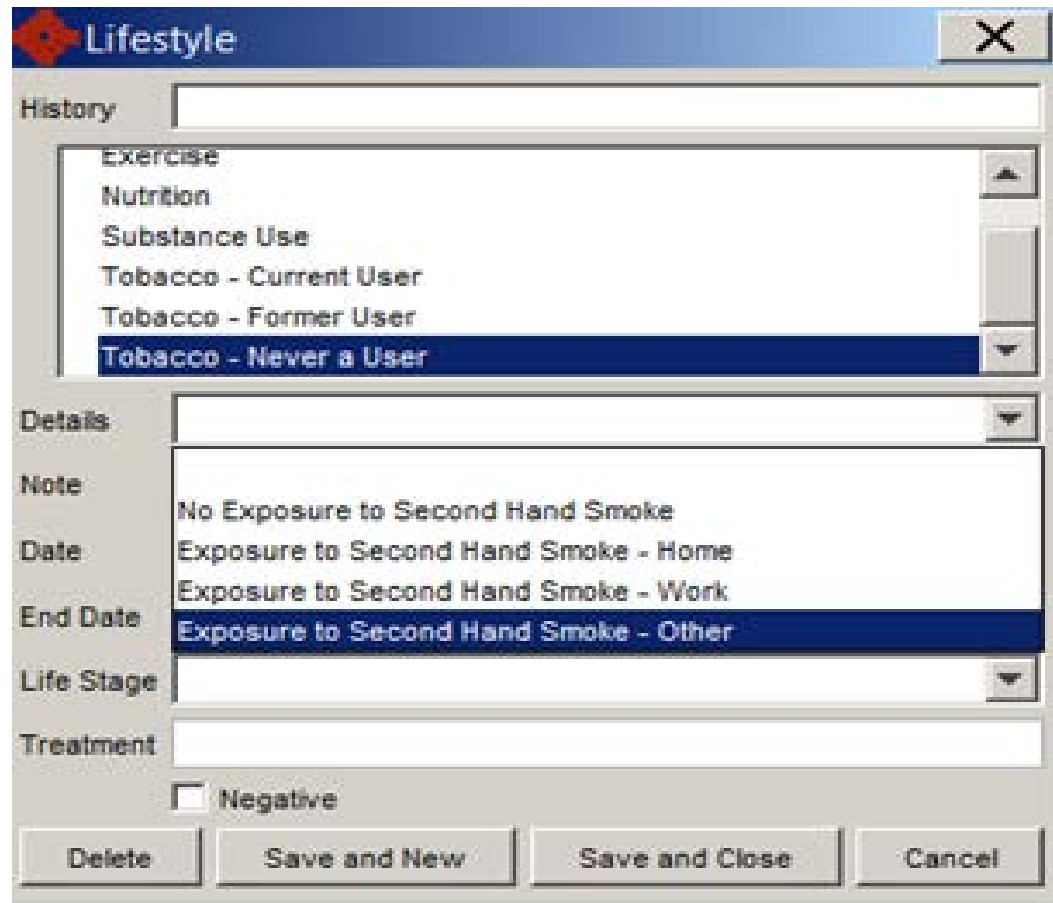


Tobacco – Never User Maps to PCQI Smoker “No”

- **Tobacco - Never a User (Less than 100 times over their lifetime) - In the EMR *‘Lifestyle band’ “Tobacco Never a User (Less than 100 times over their lifetime)”* this captures patients who have used tobacco less than 100 times in the patient’s lifetime.”**



Tobacco – Never User Maps to PCQI Smoker “No”



The screenshot shows a software window titled "Lifestyle" with a close button (X) in the top right corner. The window is divided into several sections:

- History:** A text input field.
- Exercise:** A dropdown menu with an upward arrow.
- Nutrition:** A dropdown menu with an upward arrow.
- Substance Use:** A dropdown menu with a downward arrow.
- Tobacco - Current User:** A dropdown menu with a downward arrow.
- Tobacco - Former User:** A dropdown menu with a downward arrow.
- Tobacco - Never a User:** A dropdown menu with a downward arrow, currently selected and highlighted in blue.

Below these sections are:

- Details:** A dropdown menu with a downward arrow.
- Note:** A text input field containing "No Exposure to Second Hand Smoke".
- Date:** A text input field containing "Exposure to Second Hand Smoke - Home".
- End Date:** A dropdown menu with a downward arrow, containing "Exposure to Second Hand Smoke - Work" and "Exposure to Second Hand Smoke - Other" (highlighted in blue).
- Life Stage:** A dropdown menu with a downward arrow.
- Treatment:** A text input field.

At the bottom of the window, there is a checkbox labeled "Negative" which is unchecked. Below the checkbox are four buttons: "Delete", "Save and New", "Save and Close", and "Cancel".



Mapped to Primary Care Quality Indicator (PCQI) Advice Yes or No

- If you fill out the Tobacco Assessment & Management tool (located in the EMR) it will map to the PCQI as a **“Yes”**
- If you print the Tobacco Resource Handout **“Quit Smoking Tools and Tips”** (located in EMR) it will map to the PCQI as a **“Yes”**



What are the next Primary Care Implementation Tools in Development?

- Management of Tobacco Use and Dependence (Learning Module System) - coming
- Health Behaviour Change (Learning Module System) - coming



Summary

- Smoking is not a habit - it's an addiction
- Use 5A's with all clients & 5 R's when needed
- Identify the Stages of Change to stage matched interventions within the 5 A's



Overview of Session 2

WRHA Regional CPG - Medication Recommendations

- Nicotine Replacement Therapy
- Bupropion SR (Zyban)
- Varenicline (Champix)

Hope to see you at the next session!!!

