

# OHSU Ambulatory Clinics: Quick Reference Guide for Tobacco Cessation: “ASK and ACT”

## ASK

- Patients are reminded of OHSU policy when they schedule and check in for clinic visits.
- All patients are **ASKED** about tobacco use by the medical assistant. (Questions are included in the Epicare system).
- Patients who report tobacco use are asked if they would like help to quit.
- If **NO**, give Oregon Tobacco Quitline number to call when ready (1-800-784-8669). If **YES, ACT** (or REFER)

## ACT

- Provider discusses quitting with patient: “Quitting is the most important thing you can do for your health” and assesses when patient wants to quit.
- If patient is not planning to quit now or IS planning to quit but in greater than 30 days, recommend calling the Oregon Tobacco Quitline when they are ready (1-800-784-8669.)
- If patient is planning to quit in next 30 days, develop a tobacco cessation TREATMENT PLAN. (An evidence-based treatment plan includes BOTH medications to stop smoking AND follow-up for behavioral support.)
- **TREATMENT PLAN Development**
  - ◆ **Medications:**

**Prescribe** one or a combination of the FDA approved stop smoking/tobacco medications (see “*Smoking Cessation Pharmacology at OHSU 2007*” at [www.ohsu.edu/smokingcessation/patientcare](http://www.ohsu.edu/smokingcessation/patientcare)).
  - ◆ **Behavioral Support:**
    - **Recommend** OHSU employees follow-up with Employee Wellness 4-9355.
    - **Recommend** calling the Oregon Tobacco Quitline.

The OTQL will triage patients to follow-up services covered by insurance. Also, all callers are eligible for 2 weeks of free patches; uninsured callers are eligible for 4 weeks.
    - **Consider** encouraging patients to fill prescriptions at OHSU outpatient pharmacy. *OHSU outpatient pharmacists are trained to provide tobacco cessation consultation for patients.*
    - **Add** “*Getting Ready to Quit?*” patient stop smoking guide to after visit summary (Epic smart phrase “SMOKINGCESSATION.”)

## REFERRAL OPTION TO OHSU OUTPATIENT PHARMACIES:

OHSU outpatient pharmacists are trained to develop tobacco cessation treatment plans following a specific, OHSU medically supervised protocol. OHSU providers can refer their patients to any of the outpatient pharmacies to develop tobacco cessation treatment plans. *Only refer patients who are ready to quit within 30 days.*

- **To refer patients:**
  - ◆ **Write, call, or fax** prescription to OHSU outpatient pharmacy with “Tobacco Cessation per OHSU Protocol” on prescription.
  - ◆ Trained pharmacist will see patient, enter into Epic, and send information to referring provider.