

Providing a brief intervention at every visit using the 5 A's can increase quit rates by 30%

1. Ask the patient if they use tobacco products or are exposed to tobacco smoke in the home or at work.

Document using health factors:

Current Smoker	Ceremonial Use Only
Current Smokeless (snuff/chewing tobacco)	Smoker in the Home
Current Smoker & Smokeless	Exposure to Environmental Tobacco Smoke
Cessation Smoker (is quitting now)	Non-Tobacco User (never used tobacco)
Cessation Smokeless (is quitting now)	
Previous Smoker (quit smoking > 6 months)	
Previous Smokeless (quit smokeless > 6 months)	

2. Advise the patient who use tobacco products to quit and encourage those who don't use tobacco to not start.

Document using patient education.

TO-QT-5min

GPRA looks at the number of people who receive or refuse any of the following: tobacco patient education, visit to clinic code 94 (tobacco), dental code 1320, CPT codes G0375, G0376, 4000F, 4001F, or a prescription for a tobacco cessation product.

3. Assess the patient's willingness to quit.

Document using goals: TO-QT-5min-GS-Quit Date 5/13

GS = Goal set, then document a goal quit date GNS = Goal not set

4. Assist the patient in quitting

For those not ready to quit (GNS)
 •Provide brochures and other educational materials: **(TO-L)**
 •Provide quit line information **(TO-HELP)**
 1-800-QUITNOW (1-800-784-8669)

For those ready to quit (GS)
 •Be sure a quit date is set
 •Identify social support
 •Discuss problem solving suggestions
 •Consider pharmacotherapy
 •Provide self-help materials **(TO-L)**
 •Refer to intensive services **(TO-IR)**

5. Arrange for follow-up

Follow up within 1 week of the quit date and continue to provide reinforcement, motivation, and improve problem solving skills

Updated on September 25, 2008



Tobacco Use Disorder

Billing Codes

ICD Codes

305.1 Tobacco Use Disorder

CPT Codes

99078 Physician Education in a Group Setting
 99406 Behavior change, smoking 3-10 minutes
 99407 Behavior change, smoking >10 minutes
 99411 Preventive counseling, group
 99412 Preventive counseling, group
 4000F Tobacco use treatment, counseling
 4001F Tobacco use treatment, pharmacologic tx
 D1320 Counseling for the control and prevention of oral disease
 S9453 Smoking cessation class

Evaluation and Management Codes

99201-99215 + modifier of 25 to indicate tobacco cessation counseling

Medications to treat tobacco use disorder

Nicotine patch	if < 10 cigarettes/d	14mg/d for weeks 1-6
	if > 10 cigarettes/d	7mg/d for weeks 7-8
		21mg/d for weeks 1-6
		14mg/d for weeks 7-8
		7mg/d for weeks 7-8
Wellbutrin SR	150mg daily x 3 days, then BID for 7-12 weeks	
Nicotine Gum/Lozenge	if < 25 cigarettes/d	use 2mg
	if > 24 cigarettes/d	use 4mg
	Start every 1-2 hours	weeks 1-6
	Decrease to every 2-4 hours	weeks 7-9
	Decrease to every 4-8 hours	weeks 10-12
Nicotine nasal	1-2 sprays every hour (max 10/hr or 80/d)	
	After 8 weeks begin to taper over 4-6 weeks	
Nicotine Inhaler	6-16 cartridges daily (max 16/day)	
	After 6-12 weeks begin to taper over 6-12 weeks	
Varenecline	0.5mg daily x 3 days, BID x 4 days then 1mg BID x 11 days (may extend 12 weeks)	

Tobacco Guidelines found at: <http://www.surgeongeneral.gov/tobacco/>

"The number one challenge in healthcare today is taking the science and changing it into a culturally competent message that changes behavior"
 - Richard Carmona, MD, MPH, FACS, 17th U.S. Surgeon General