

Documentation of Tobacco Screening and Cessation Interventions



IHS Health Promotion & Disease Prevention
http://www.ihs.gov/HealthTopic_tobacco/

Department of Health & Human Services
www.surgeongeneral.gov/tobacco/

Smokefree.gov
www.ahrq.gov/path/tobacco.htm

Centers for Disease Control
www.cdc.gov/tobacco

<http://www.cdc.gov/tobacco/campaign/tips/groups/american-indian-alaska-native.html>

<http://www.tobaccofreekids.org/research/factsheets/pdf/0251.pdf>

<http://www.cdc.gov/Features/TobaccoEducationCampaign/>

<http://betobaccofree.hhs.gov/index.html>

Ask

Do you smoke tobacco (cigarettes, cigars, pipe, etc)?

- Never smoked
- Ceremonial use
- Current smoker
 - Current some day smoker
 - Current every day smoker
 - Current smoker but status is unknown
 - Heavy smoker (≥ 10 cig/day)
 - Light smoker (< 10 cig/day)
- Cessation smoker (*first 6 months after quitting*)
- Previous (former) smoker (*quit for more than 6 months*)
- Smoking status unknown

Do you use smokeless tobacco (chewing tobacco, snuff, dip, etc)?

- Never used smokeless tobacco
- Current smokeless
- Cessation smokeless (*first 6 months after quitting*)
- Previous (former) smokeless (*quit for more than 6 months*)
- smokeless tobacco status unknown

Are you exposed to tobacco smoke in the home or at work?

- Smoker in the home
- Smoke free home
- Exposure to environmental tobacco smoke

Advise

Document patient education code for Tobacco-QUIT

- Advise all tobacco users to quit using tobacco and advise all non-tobacco users to continue to abstain from tobacco use.
- Ask if the tobacco user is willing to quit at this time.
 - If the patient is willing to quit in the next 30 days, set a quit date, ideally within 2 weeks.
 - If unwilling to quit in the next 30 days, help motivate the patient:
 - If the patient is not using tobacco, reinforce abstinence and/or cessation from tobacco use by promoting the health benefits of not using tobacco.
- Discuss that readiness and personal motivation are key components to abstaining from tobacco and quitting. Review the treatment, medication, and support options available to the patient/family. Make referrals as appropriate. Give advice on successful quitting.
- Review the value of frequent follow up and support during the first six months of cessation.

Assess

Ask the patient if they would like to make a quit attempt

- If yes:
 - Document a patient goal including a start and follow up date
- Provide information and literature on quitting tobacco and the tobacco quit line.
 - Document tobacco education
 - HELP (for quit line information)
 - Literature (for providing a handout)
 - Information and referral
- Document time with education (*required for billing*)

Quit Lines

American Lung Association
1-(866)-784-8937 or
1-(800)-548-8252

Department of Health and Human Services National telephone counseling Quit Line
1-(800)-784-8669 or
1-(800)-332-8615 (TTY)

Assist

Nicotine Replacement Therapy

- Patch
 - <10 cigarettes/day
 - week 1-6: 14mg/d
 - week 7-8: 7mg/d
 - >10 cigarettes/day
 - week 1-6: 21mg/d
 - week 7-8: 14mg/d
 - week 9-10: 7mg/d
- Gum and Lozenge
 - <25 cigarettes/day use 2mg
 - ≥25 cigarettes/day use 4mg
 - week 1-6: 1 piece Q1-2h
 - week 7-9: 1 piece Q2-4h
 - week 10-12: 1 piece Q4-8h
- Nasal spray
 - 10-12 sprays/day in each nostril
- Inhaler
 - 6+ puffs/day PRN
 - (max 16 puffs)

Varenecline (Chantix®)

- 0.5mg daily x 3 days
- 0.5mg BID x 4 days
- 1mg BID x 11+ weeks

Bupropion (Zyban®)

- 150mg daily x 3 days
- 150mg BID
may use with NRT

Arrange

Provide ongoing followup and support especially during cessation (first 6 months)

- Document tobacco education
 - HELP (for quit line information)
 - Information and referral

Billing Codes

HCCPS and CPT Codes	Guidelines for Reporting Services
G0436 Smoking and tobacco cessation counseling visit for the asymptomatic patient; intermediate, greater than 3 minutes, up to 10 minutes	CMS Guidelines Must be provided by CMS recognized health professional. Must have symptoms of tobacco-related diseases.
G0437 intensive, greater than 10 minutes	Two per year. Use modifier 25 with other E&M
99406 Smoking and tobacco use cessation counseling visit; intermediate, greater than 3 minutes up to 10 minutes	CPT Guidelines Must be provided by a qualified health care professional.
99407 intensive, greater than 10 minutes	Cessation counseling must be > 3 min.