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Ask Advise Refer
Tobacco Cessation Referral Resources

Shelley Karn, EdD

Trina Robertson, MA

Ann Marie Newman, BA

UT Tobacco Research & Evaluation Team

Overview

- Review of tobacco cessation
- eTobacco Protocol: An update
- The Texas Quitline App
- The Community Health Worker App
- Resources for tobacco cessation

Overall Goal

- Promote use of free state-funded Quitline

- Consistently identify tobacco users

- Document tobacco use status

- Offer resources for every tobacco user

Tobacco Products

Why focus on tobacco

- Over $17 billion in Texas healthcare and productivity lost each year.
  - Medicaid costs: $1.96 billion
  - Productivity loss: $8.22 billion
  - Overall healthcare costs: $8.85 billion
- In Texas, over 28,000 deaths per year.
- Number one cause of preventable death.
- Tobacco impacts every chronic disease.
- People with health disparities are impacted by tobacco at a higher rate.
- Impacts people who are exposed to second-hand smoke
- Impacts pregnant women and the unborn child

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Texas Quitline = Value added at no cost to Texas Residents

- Quitline counseling is offered in English and Spanish; other languages are available with simultaneous interpretation service
- Free service
- Calls answered and counseling available on a 24/7 basis
- Up to 5 counseling sessions
- Over-the-counter Nicotine Replacement Therapy (NRT) available for qualified callers 18 and older who are enrolled in counseling (includes patch, gum or lozenges)
- Health care systems with eTobacco Protocol that make referrals receive feedback on their patient's progress
- HIPAA-compliant: private and confidential
- Refer as many times as needed; enroll up to twice per year

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Ask-Advise-Refer Technique

- **<u>Ask</u>** if the patient uses tobacco.

- **<u>Advise</u>** the patient to quit.

- **<u>Refer</u>** the patient for assistance if ready to quit within 30 days by clicking a button in the EHR.

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The eTobacco Protocol

- Efficient counseling and referral option
- Feedback to EHR (bidirectional interface)
- Technical assistance
- System impact
- Public health impact
- Revenue: bill Medicaid up to 3 minutes for counseling
- Eradicate the #1 cause of preventable death
- Protect adults and children
- HIPAA Compliant

eTobacco Protocol: An update

- Overview: 25 systems, covering over 600 individual ambulatory care clinics, utilizing 4 different EMR vendors (NextGen, Epic, GE Centricity, CMBHS).

- Currently transferring all users from SFTP to an HL7 format.

- Working to integrate an additional 15 systems, and 1 additional EMR vendor.

- Step-by-step process in the works so anyone can utilize the NextGen solution.

Centex Tobacco Intervention ✕

Tobacco Use
Tobacco Intervention

Tobacco Cessation Intervention:

Ready and willing to quit tobacco?
⦿ Ready to quit within 30 days   ◯ Thinking about quitting at some point   ◯ Not interested in quitting

Consent to referral to
☐ Refused Referral   ☑ Quit Line   ☐ Tobacco Resource Center

Print Education: [_____]   ☑ Tobacco cessation discussed   (Place Order)

Cessation Counseling:

Education Date	Class Outcome	Counseled By	Education Materials/Service	Referred To	Reason For Refusal	Service

Assessment/Plan:

◯ History of Tobacco use (V15.82)   ◯ Tobacco use disorder (305.1)   **Add Assement to: Chronic List** (Add)
◯ Tobacco use disorder complicating pregnancy (649.01)   **My List:** (Add)

Techniques Discussed:
☐ Aversive Conditioning   ☐ Delaying tactics   ☐ Mentor program   ☐ Smoke free car   ☐ Substituted behavior
☐ Daily diary   ☐ Literature given   ☐ Remove triggers and cues   ☐ Smoke free house   ☐ Support program

Patient education:
☐ Benefits of quitting   ☐ Nictotine dependance   ☐ Secondhand smoke (passive smoking)
☐ Hazards of tobacco   ☐ Nicotine withdrawal   ☐ Ways to quit tobacco

Recommended Treatment:
☐ Acupuncture   ☐ Hypnotherapy   ☐ Nicotine lozenge   ☐ Nicotine Inhaler
☐ Cognitive behavioral therapy   ☐ Buproprion   ☐ Nicotine nasal spray   ☐ Nicotine Patch
☐ Counseling   ☐ Varenicline/Chantix   ☐ Nicotine Gum   ☐ None
Other Method: [_____]

Return to office in: [_____]   (Place Order)

(Save & Close)

Connecting to the Quitline

- Fax

- Web: www.yesquit.org

- Electronic Tobacco cessation referral tool or eTobacco Protocol

- Apps: Texas Quitline, Help to Quit

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Connecting to the Quitline
Texas Quitline App

- Increase healthcare provider referrals the Quitline

- Free and easy access to referrals

- Alternative when providers cannot access an eTobacco referral through the EMR

- The app is available on both Android and Apple app markets

- Apps are available in English and Spanish

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Texas Quitline App

For Patient Referrals

1. **ASK** patients if they use tobacco and whether they want to qu
2. If yes, **ADVISE** patients to quit and educate them on treatmer
3. **REFER** patients to the Quitline, explaining the benefits and su
   Replacement Therapy or prescription medication.

ASK

At every visit, ask patients about their smoking status.

- Are you a current or former user?
- What type of tobacco is used (including any exposure to seco
- How often is tobacco used?
- Document the information in the medical record.

ADVISE

Patients listen to and respect the advice of their health providers

- Urge every tobacco user to quit in a clear and personalized w
- Remind the patient that most smokers attempt to quit 3-8 tir
- Link the patient's current situation to reasons for quitting.

REFER

Para referencias de pacientes

1. **PREGUNTE** a los pacientes si usan tabaco y si desean dejar de hacerlo.
2. Si le contestan que sí, **ACONSEJE** a los pacientes que dejen de usar tabaco e infórmeles sobr
   tratamiento.
3. **REFIERA** a los pacientes a la línea telefónica de ayuda para abandonar el uso de tabaco, Quit
   beneficios y la tasa de éxito cuando lo hacen junto con terapia de sustitución de nicotina o me
   con receta.

Pregunte

En cada visita pregunte al paciente su estado como fumador.

- ¿Fuma actualmente o fumó anteriormente?
- ¿Qué tipo de tabaco usa (incluida cualquier exposición a humo de segunda mano)?
- ¿Con qué frecuencia usa tabaco?
- Documente la información en el expediente médico.

Aconseje

Los pacientes escuchan y respetan el consejo de sus proveedores médicos.

- Urja en una manera clara y personalizada a todos los usuarios de tabaco que dejen de usarl
- Recuerde a los pacientes que la mayoría de los fumadores intenta dejar de fumar de 3 a 8 ve
  éxito.
- Relacione la situación actual del paciente con las razones para dejar de usar tabaco.

Refiera

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Texas Quitline App

Texas Quitline App

Texas Quitline App

Texas Quitline App

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Help to Quit Screen Shots
Main Menu

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English | Español

HELP TO QUIT

- Cómo ayudar
- Referencias para dejar de fumar
- Información básica sobre el tabaco
- El tabaco y su salud
- Intercesión e información

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English | Español

HELP TO QUIT

- How to Help
- Refer to Quit
- Tobacco Basics
- Tobacco & Health
- Advocacy & Information

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Help to Quit Screen Shots
Tobacco Basics Menus

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‹ Menú   **Información básica sobre**   **‹ Menu**   **Tobacco Basics**

🍂 Por qué es importante   🍂 Why it Matters

🍄 El tabaco y los jóvenes   🍄 Tobacco and Youth

🏠 El uso de tabaco en el hogar   🏠 Tobacco Use at Home

🚬 Cigarrillos electrónicos, sin humo y de otros tipos 🚬 e-cigs, Smokeless & More

🎪 Mercadotecnia del tabaco   🎪 Tobacco Marketing

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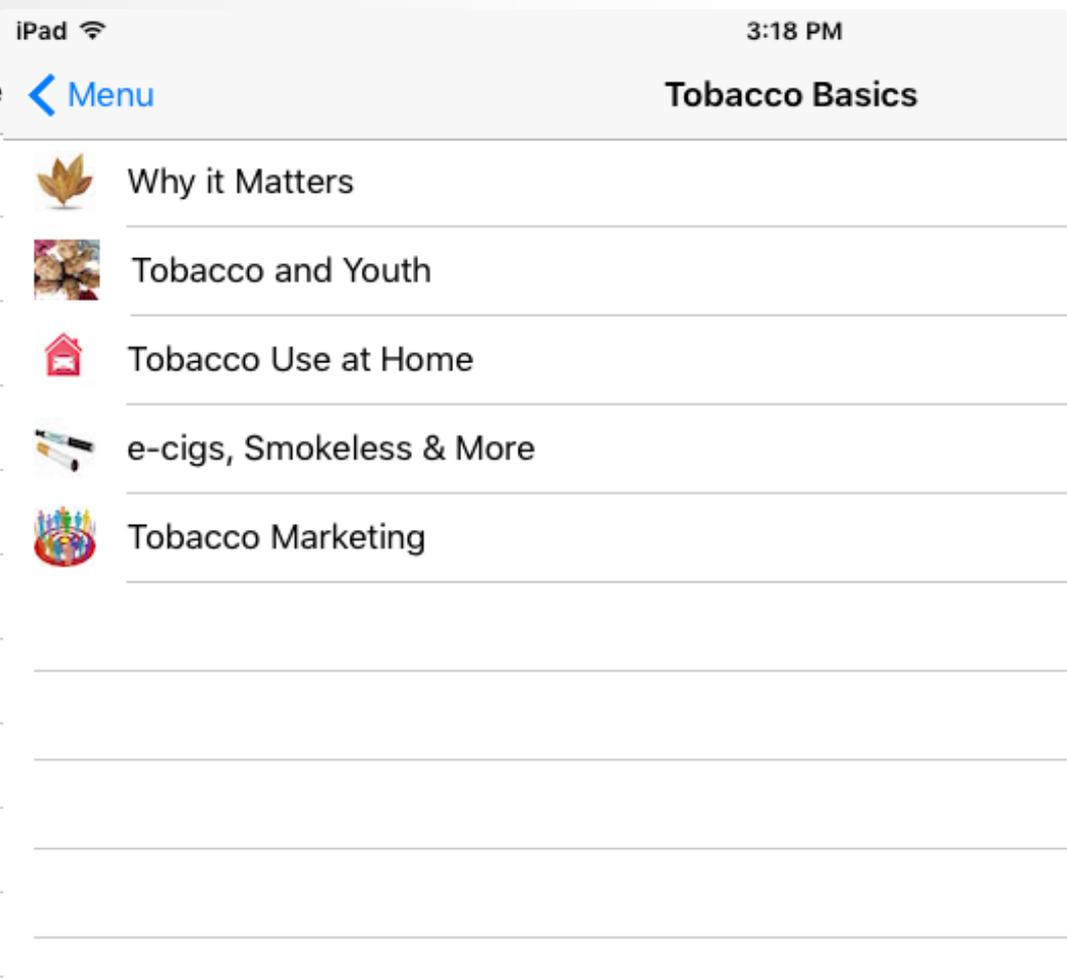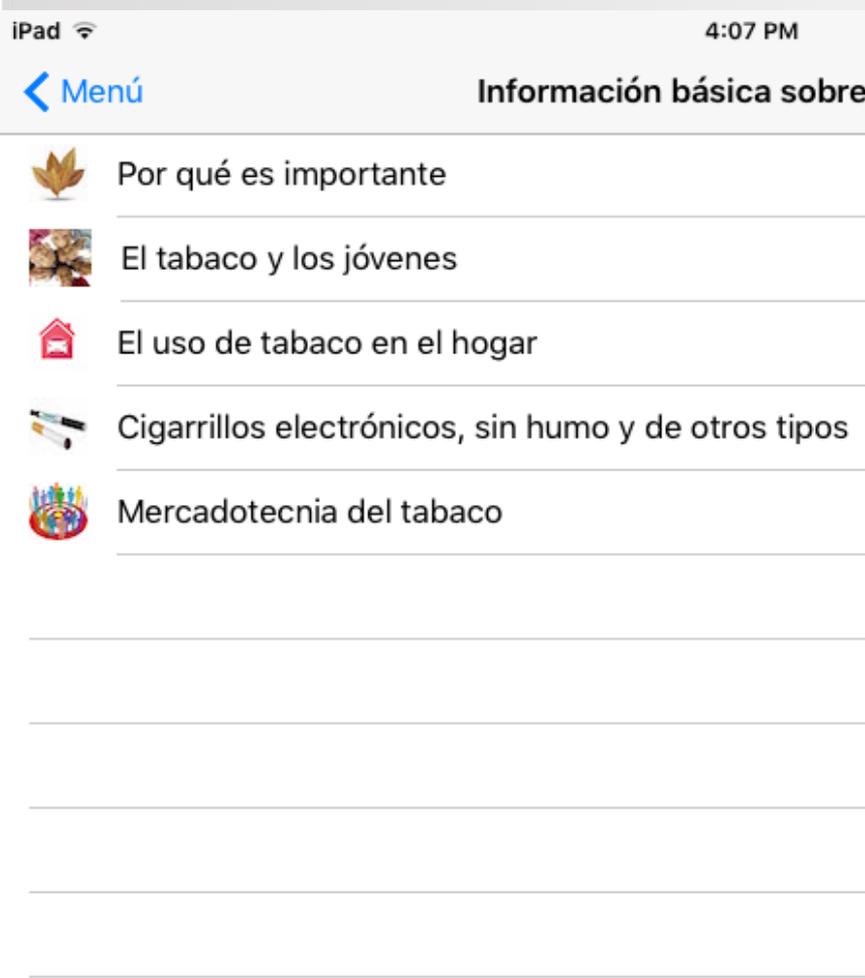
Help to Quit Screen Shots
Tobacco and Your Health Menus

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< Menú   **El tabaco y su salud**

- Asma y alergias
- Cáncer
- EPOC
- Diabetes
- Enfermedades cardiacas y accidentes cardiovasculares
- HIV
- Salud de los ojos y de la boca
- Adicción
- Acondicionamiento físico e IMC
- Bienestar emocional
- Fertilidad

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< Menu   **Tobacco & Health**

- Asthma/Allergies
- Cancer
- COPD
- Diabetes
- Heart Disease & Stroke
- HIV
- Vision & Oral Health
- Addiction
- Fitness / BMI
- Emotional Well Being
- Fertility

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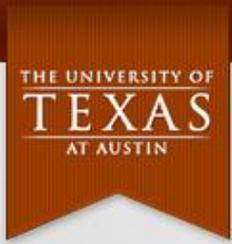
Help to Quit Screen Shots Professional Links

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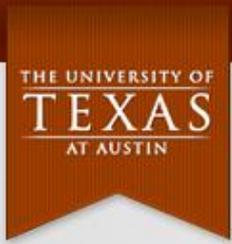
Additional Resources

www.uttobacco.org

Thank you!

University of Texas at Austin
Tobacco Research and Evaluation Team
(512) 232-9307
www.uttobacco.org