

# Treating Tobacco Use Online Learning Module for Health Care Providers



**Purpose:** The [online learning module](#) was designed by the New York City Health Department to enhance providers' knowledge about how to effectively screen and treat tobacco use.

**Background:** Smoking is the leading preventable cause of death in the U.S. causing about 480,000 deaths per year.<sup>i</sup> The adult smoking prevalence in New York City is 15.5% (~981,000 smokers).<sup>ii</sup> Quitting smoking can simultaneously lower your patient's risk for heart disease, stroke, cancer, COPD, and other diseases.<sup>iii</sup> Of New Yorkers who smoked in the past year, only 19% used nicotine replacement therapy and 6% used prescription pills.<sup>iv</sup> Combining medication and counseling is more effective for smoking cessation, with quit rates of 28%, than either alone (22%).<sup>v</sup>

**Learning Objectives:** To provide primary health care providers, including those in training, with evidence-based information and resources to help their patients quit smoking. At the end of this course you will be able to:

- Describe the "5 A's" model of providing treatment of tobacco dependence
- Identify indications and contraindications for tobacco dependence treatment medications
- Recognize when combination therapy is appropriate, and which medications can be combined
- Demonstrate proficiency in providing prescriptions for individualized care
- Describe New York State Medicaid benefits for smoking cessation medications and other resources

**Attending physicians can earn 1 credit CME.<sup>†</sup>**

**For medical residents, this module can be easily adapted into your program's learning management system and meets five of the six Accreditation Council for Graduate Medical Education (ACGME) core competencies:<sup>vi</sup>**

- 1. Patient Care:** provide basic preventive care by treating tobacco use
- 2. Interpersonal & Communication Skills:** develop communication skills that form a patient/provider team
  - Learn the "5 A's" model for effective treatment of tobacco use
  - Learn how to effectively communicate with respect using clear language
  - Gain methods for applicable clinical decision-making and health promotion
- 3. Medical Knowledge:** learn evidence-based approaches for treating tobacco use
  - Be able to recognize and effectively manage tobacco using patients
  - Understand first-line medications and combination therapy for cessation
- 4. Practice-Based Learning and Improvement (PBLI):** systematically analyze practice using quality improvement methods and implement changes with the goal of practice improvement
  - Use the worksheet at the end of module for a PBLI project for continuity clinic. Results can be submitted to the Program Director as documentation to fulfill the performance data requirement.
- 5. Systems-Based Practice:** demonstrate an awareness of the larger context and systems of health care
  - Learn about local, state and national tobacco cessation resources for comprehensive care

<sup>†</sup>This program has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for CME (ACCME) through joint sponsorship with the University at Buffalo (UB) School of Medicine and Biomedical Sciences and the New York City Health Department. UB is accredited by the ACCME to sponsor CME for physicians. The UB School of Medicine & Biomedical Sciences designates this enduring activity for a maximum of 1.0 AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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## References:

- <sup>i</sup> U.S. Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention & Health Promotion, Office on Smoking & Health, 2014.
- <sup>ii</sup> New York City Department of Health and Mental Hygiene. Epiquery: NYC Interactive Health Data System - Community Health Survey 2012. <http://nyc.gov/health/epiquery>
- <sup>iii</sup> U.S. Department of Health and Human Services. How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.
- <sup>iv</sup> New York City Department of Health and Mental Hygiene. Epiquery: NYC Interactive Health Data System - Community Health Survey 2012. <http://nyc.gov/health/epiquery>
- <sup>v</sup> Fiore MC et al. Treating tobacco use and dependence: 2008 update. Clinical Practice Guideline. 2008
- <sup>vi</sup> Accreditation Council for Graduate Medical Education Common Program Requirements, 2010, p.7-10, [http://www.acgme.org/acWebsite/dutyHours/dh\\_dutyhoursCommonPR07012007.pdf](http://www.acgme.org/acWebsite/dutyHours/dh_dutyhoursCommonPR07012007.pdf)

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