

Print, fold along dotted line, and laminate.

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Scan for additional Rx info

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| --- | --- |
| ICD-10 | Type of Counseling |
| F17.21 | Nicotine dependence, cigarettes |
| F17.29 | Nicotine dependence, other |

|  |  |
| --- | --- |
| HCPCS/CPT Codes | Type of Counseling |
| 99406 | Intermediate, >3 but <10 min |
| 99407 | Intensive, <10 min |

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**5 A’s of Tobacco Treatment**

**ASK:** Type, amount, frequency, quit attempts, 2ndhand smoke exposure

**ADVISE:** “*Quitting smoking is the most important thing you can do for yourself and your baby.*”

**ASSESS:** Motivational interviewing,readiness rulers, Stage of Change

**ASSIST:**

|  |  |
| --- | --- |
| Not ready to quit (5Rs) | Ready to quit |
| * Relevance
* Risks
* Rewards
* Roadblocks
* Repetition
 | * Develop a Quit Plan (STAR)
* Provide practical counseling
* *Brainstorm coping strategies*
* *Discuss myths and truths*
* *Plan for withdrawal*
* *Discuss pharmacotherapy*
* *Discuss reduction*
* Provide supplementary resources
 |

**ARRANGE:** Follow-up at every appointment

\*Can bill for 4 sessions per quit attempt per year; max 2 quit attempts

|  |  |  |  |
| --- | --- | --- | --- |
| Medication | Pros | Cons | Side Effects |
| Nicotine Patch7, 14, 21 mgfor 8-10 weeks  | Constant level of nicotineApplied QDFew side effectsCan combine with other meds | Slower onsetDoes not give “hit” | Mild skin irritationDifficulty sleeping |
| Nicotine Gum2, 4, mgfor 10-12 weeks | Convenient and flexible dosingFaster delivery of nicotine than patchCan combine with patch | Need to use frequentlyMust “chew and park” | Mouth sorenessStomach ache |
| Nicotine Lozenge2, 4, mgfor 10-12 weeks | Convenient and flexible dosingFaster delivery of nicotine than patch; 25% higher than gumCan combine with patch | Need to use frequentlyMust allow lozenge to dissolve | Throat discomfortHiccups, cough, heartburn |
| Nicotine Nasal Spray(Nicotrol®)up to 6 months Rx | Flexible dosingFastest delivery of nicotine of NRT products | Need to use frequently | Nose/throat irritationSneezing/coughing |
| Nicotine Inhaler(Nicotrol® Inhaler)up to 6 months Rx | Flexible dosingMimics hand-mouth behavior | Frequent and continuous puffing required at each session | Mouth and throat irritation |
| Bupropion(Zyban®)up to 12 months Rx | Convenient, few side effectsCan be used in combo with NRTBegin 1-2 weeks before quit date | Contraindicated with certain meds and conditions | InsomniaDry mouth |
| Varenicline(Chantix®)up to 24 weeks Rx | Convenient, no drug interactionsCan be used with buproprion or NRTBegin 1 week before quit date | Not recommended in pregnancy or when breastfeeding | NauseaAbnormal/vivid dreams |

**Pharmacotherapy for Tobacco Cessation**

**S**et a quit date.

**T**ell everyone.

**A**nticipate triggers.

**R**emove tobacco.

**Perinatal Tobacco Treatment**

**Quit Kit Pocket Card**