

Steps to Take for Tobacco Cessation

Documenting patient tobacco use (including cigarettes, cigars, chew, vapes, e-cigarettes, etc.) and providing brief clinical interventions is important to quality patient care.

Clinician-delivered brief interventions enhance motivation and increase the likelihood of successful and multiple quit attempts.



Step One

Ask all adolescent, adult, and pregnant patients if they are a current tobacco user. **Specifically, ask about the use of vapes/e-cigarettes.**



Step Two

Document patient tobacco use utilizing one of the following identification methods:

- Use ICD-10 codes in the medical record
 - **Tobacco Use:** F17.21 or F17.22
 - **Vaping:** F17.29
- Add tobacco use as a vital sign in the chart or EMR
- Place a chart stamp in the medical chart



Step Three

If identified as a tobacco user, discuss tobacco cessation options (quitting options) with the patient.

- Counseling and pharmacotherapy combined is the most effective way to quit.



Step Four

Once you establish the appropriate cessation option for the patient, prescribe the appropriate cessation agent.

- Please see <https://medi-calrx.dhcs.ca.gov/> for the current formulary.
- If applicable, instruct the patient to take their prescription to the pharmacy for fulfillment.
- Non-pregnant adolescents/adults should be prescribed FDA-approved pharmacotherapy.



Step Five

Refer patient to **individual, group, and telephonic** counseling. Counseling is strongly recommended for cessation success.

Please Note: All pregnant patients who use tobacco should be offered at least one face-to-face tobacco cessation counseling session per quit attempt.

Individual counseling

Individual counseling, or brief intervention, can be performed at your office visit and may include one of the following validated counseling methods:

- **5 A's** (Ask, Advise, Assess, Assist, Arrange)
- **5 R's** (Relevance, Risks, Rewards, Roadblocks, Repetition)

Billing

Use the following **CPT codes** for reimbursement for individual counseling:

- **99406:** symptomatic; smoking and tobacco use cessation counseling visit, greater than 3 minutes, up to 10 minutes
- **99407:** symptomatic; smoking and tobacco use cessation counseling visit; greater than 10 minutes

Group counseling

Refer patient to a group cessation class. Contact the local Public Health Department for information on local classes and support services:

- **Santa Barbara County:** (805) 681-5407
- **San Luis Obispo County:** (805) 781-5540

Telephonic counseling

Refer patient to Kick It California at (800) 300-8086

- Give the patient a **flyer** with contact information for Kick It California
- Or log onto to Helpline's **web referral** to refer the patient directly. Helpline counselors will then contact patient's personal phone.

Note: Refer all pregnant patients who smoke to Kick it California