

# Help patients quit tobacco

Each year, 450,000 people die of preventable, smoking-related diseases.<sup>1</sup> Physicians are in a unique position to help tobacco users quit by screening patients at annual visits and providing resources for tobacco cessation programs.

- Although most tobacco users say they want to quit, only 48 percent who saw a physician were advised to quit.
- Physician advice to quit tobacco prompts users to make quit attempts and increases quit rates.
- Counseling and medication should be offered to patients willing to make an attempt to quit.
- If a patient is not ready to quit, encourage tobacco reduction.

## Intervening during an adolescent patient visit<sup>3</sup>

Physicians should ask pediatric and adolescent patients about their tobacco use, and clearly communicate the importance of abstaining from tobacco.

- Asking adolescents about tobacco use and advising them to quit are the first steps toward the use of effective treatments to quit.
- In a sample of 11<sup>th</sup> graders, more than 79 percent reported they would acknowledge tobacco use if asked.
- Physicians need to routinely assess adolescent tobacco use, offer counseling, and follow up with these patients.
- Physicians may not be aware of motivational interventions.
- It is important for physicians to intervene with adolescents in a manner that respects confidentiality and privacy (e.g., interviewing adolescents without their parents present).

## Resources for patients

The following are useful tobacco cessation resources and phone numbers you can give patients who are trying to quit.

### Pennsylvania Quitline

1-800-QUIT-NOW (1-800-784-8669)

All Pennsylvania residents can receive free nicotine replacement products and up to five counseling sessions with a trained quit coach. Coaches are available 24 hours a day, 7 days a week.



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## Three steps you can take to encourage patients to quit<sup>2</sup>

1. Ask patients if they use tobacco.
  2. Advise those who use tobacco to quit.
  3. Refer patient to evidence-based cessation services, such as a Quitline.
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<sup>1</sup> Quitting Smoking Among Adults—United States, 2001-2010. MMWR Morb Mortal Wkly Rep. 2011;60(44):1513-1519, www.cdc.gov

<sup>2</sup> Best Practices for Comprehensive Tobacco Control Programs, www.cdc.gov

<sup>3</sup> How to Help Adolescents Quit Smoking—PHS Guideline Recommendations Clinical Practice Guideline. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. May 2008.

## New Jersey Quitline

1-866-NJSTOPS (1-866-657-8677)

New Jersey residents will receive a Quit Guide in the mail and get five counseling sessions with a trained quit coach. Coaches are available throughout the week from 8 a.m. – 3 a.m. EST.

## Community-based tobacco cessation programs

The following community-based tobacco cessation programs provide group counseling and one-on-one support.

### Pennsylvania

- **Council of Spanish Speaking Organizations (CONCILIO):** Provides a Spanish-language tobacco cessation program for the adult (18+) Latino population in Philadelphia. Call [215-627-3100](tel:215-627-3100).
- **Health Federation of Philadelphia:** Offers group and individual tobacco cessation program services at eight City Health Centers and at many Federally Qualified Health Centers located citywide. Call [215-685-6790](tel:215-685-6790) to find a City Health Center near you.
- **Mercy Hospital:** Provides tobacco cessation services to adults in Center City, South Philadelphia, West Philadelphia, Southwest Philadelphia, Germantown, and Roxborough. Call [215-748-9600](tel:215-748-9600).
- **The University of Pennsylvania's Comprehensive Smoking Treatment Program:** Provides tobacco cessation services to adults in Northeast Philadelphia, Kensington, Frankford, Hunting Park, Tacony, Fox Chase, and parts of North Philadelphia. Call [1-888-PENN-STOP \(1-888-736-6786\)](tel:1-888-PENN-STOP).
- **Jefferson University Hospital:** Provides a three-week tobacco cessation support/therapy program. Program fee applies. Call [215-503-6222](tel:215-503-6222).

### New Jersey

- **HiTOPS, Inc:** Helps 13–27 year olds quit smoking through counseling and nicotine replacement therapy. Call [1-609-683-5155](tel:1-609-683-5155) or visit [www.hitops.org](http://www.hitops.org).



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