Yukon-Kuskokwim HEALTH CORPORATION

Tobacco Screenings

Vikki Galanopoulos

Tobacco Prevention & Cessation Coordinator

Objectives

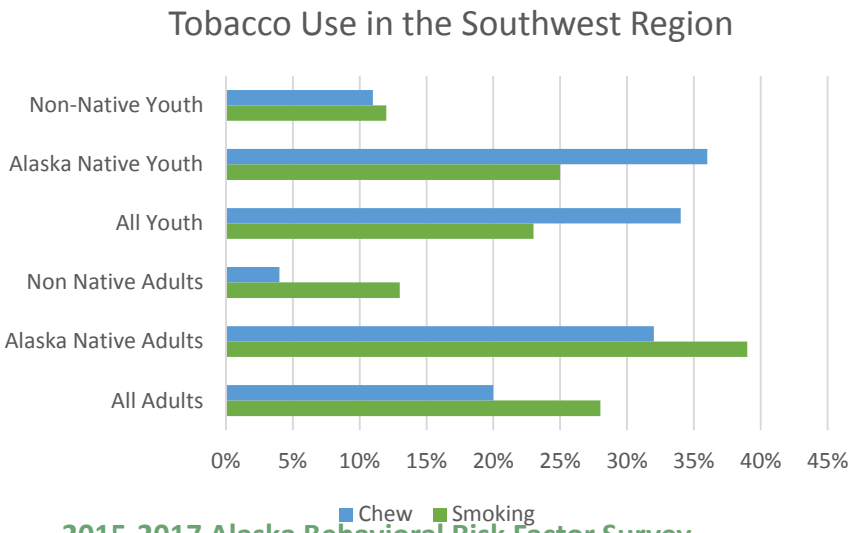
- Describe the benefits of a brief intervention
- Identify resources
- Use the brief tobacco intervention

Who is Using Tobacco?

Tobacco Screenings

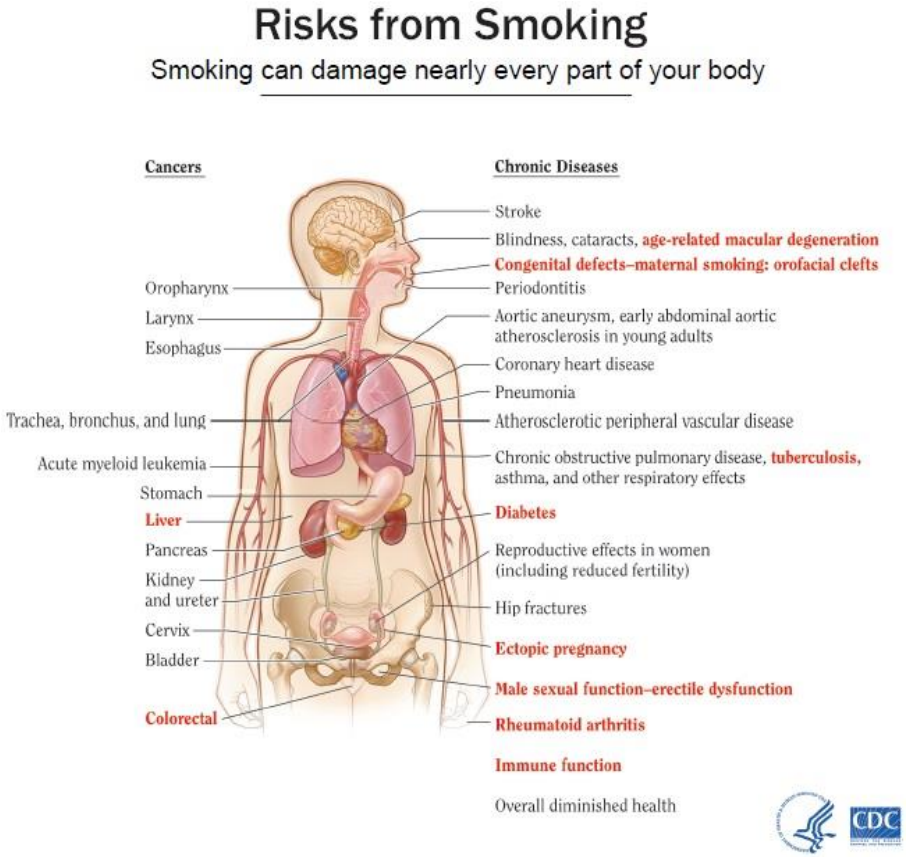
1. Who is Using Tobacco?
2. YKHC Tobacco Screenings
3. The Brief Intervention
4. Provider Demonstrations
5. The Referral
6. Pharmacotherapy

Southwest Region



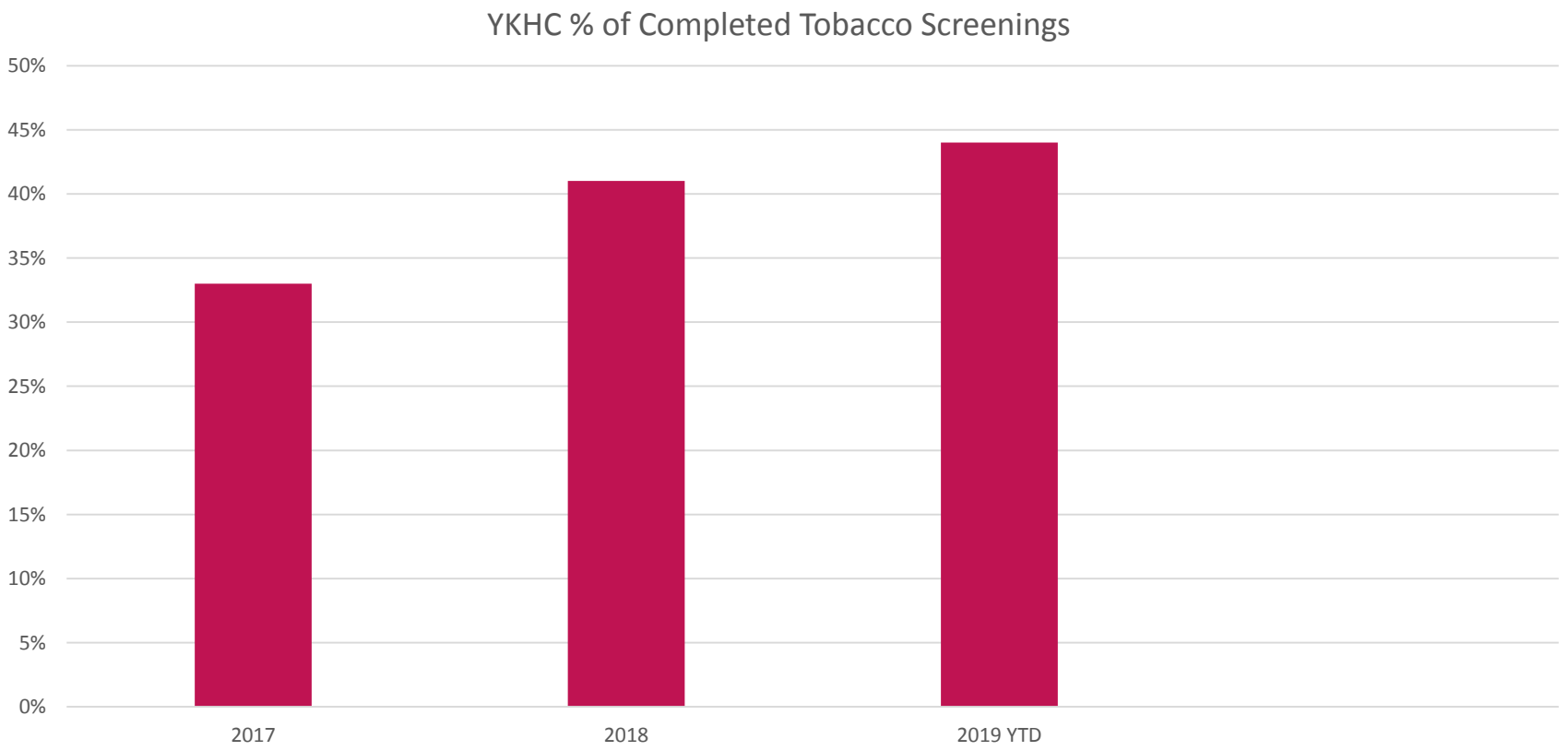
2015-2017 Alaska Behavioral Risk Factor Survey

Health Impacts



70% of smokers want to quit

Tobacco Screenings



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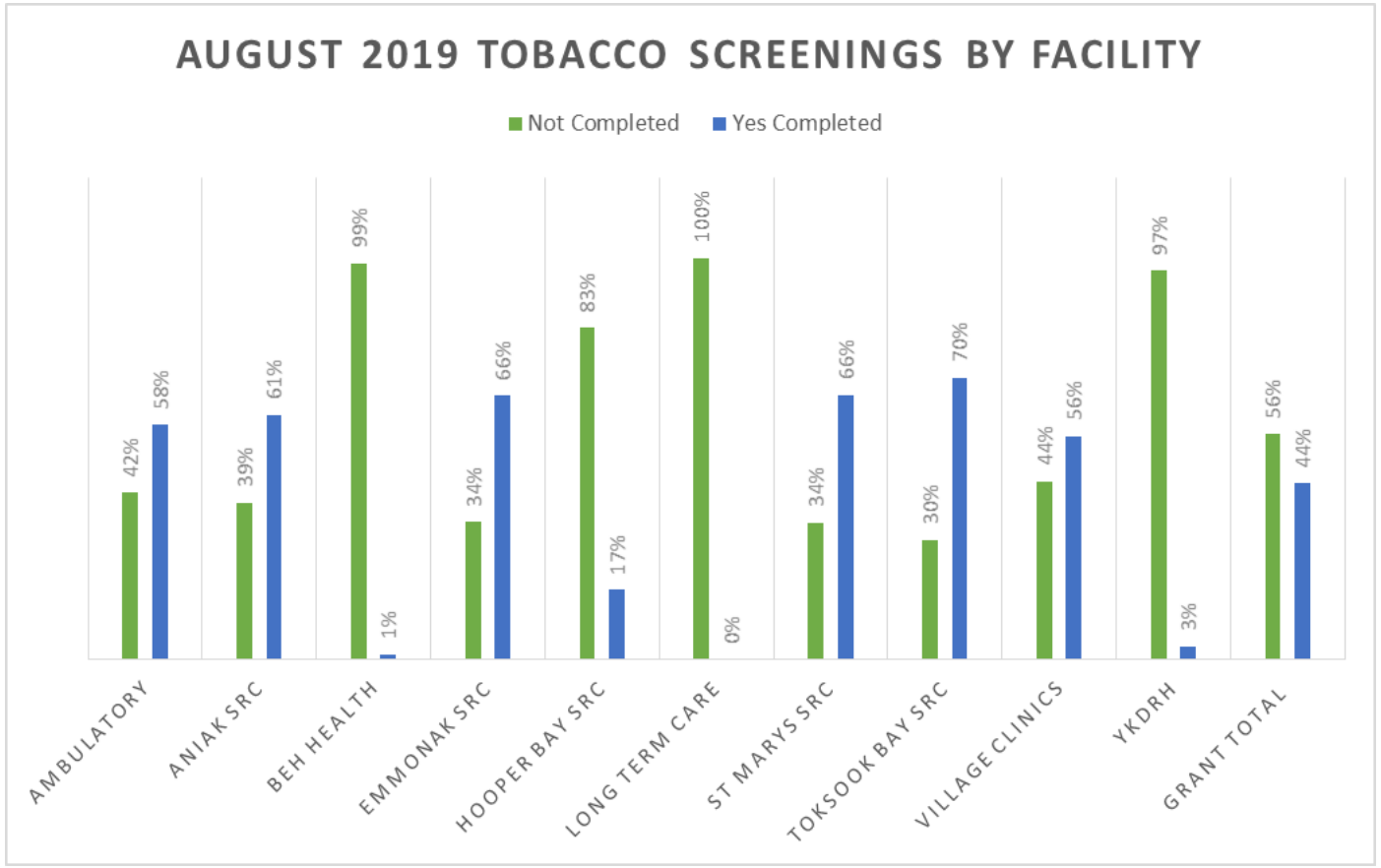
YKHC Tobacco Screenings



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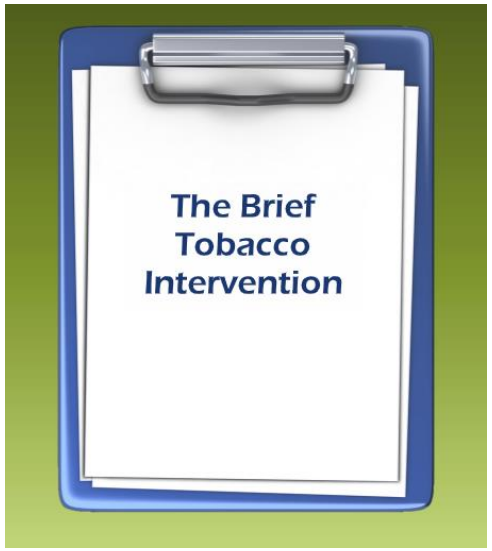
The Brief Tobacco Intervention

- Less than 3 minutes
- Can be used in any type of health care setting
- Increases patient quit attempts
  - Surgeon General suggest the Brief Tobacco Intervention could reduce tobacco use by 20%



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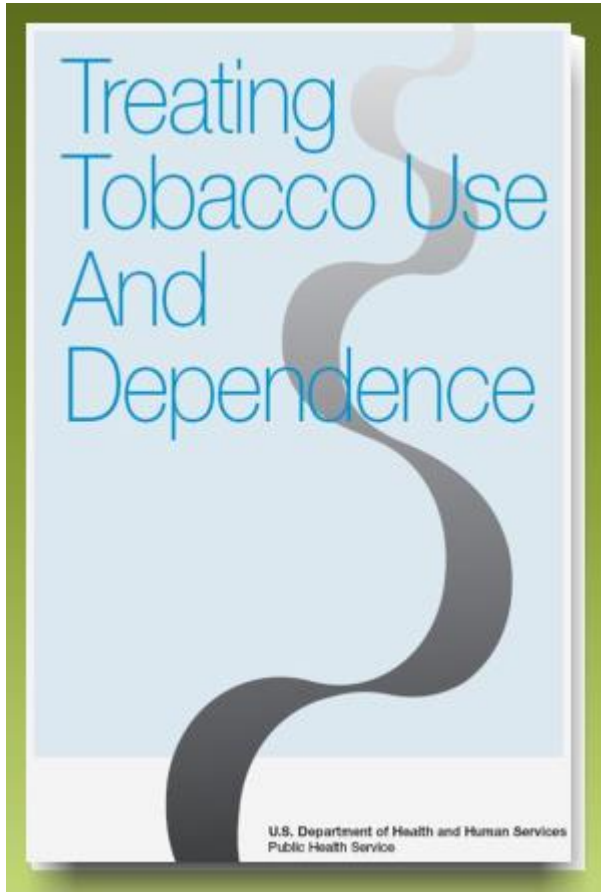
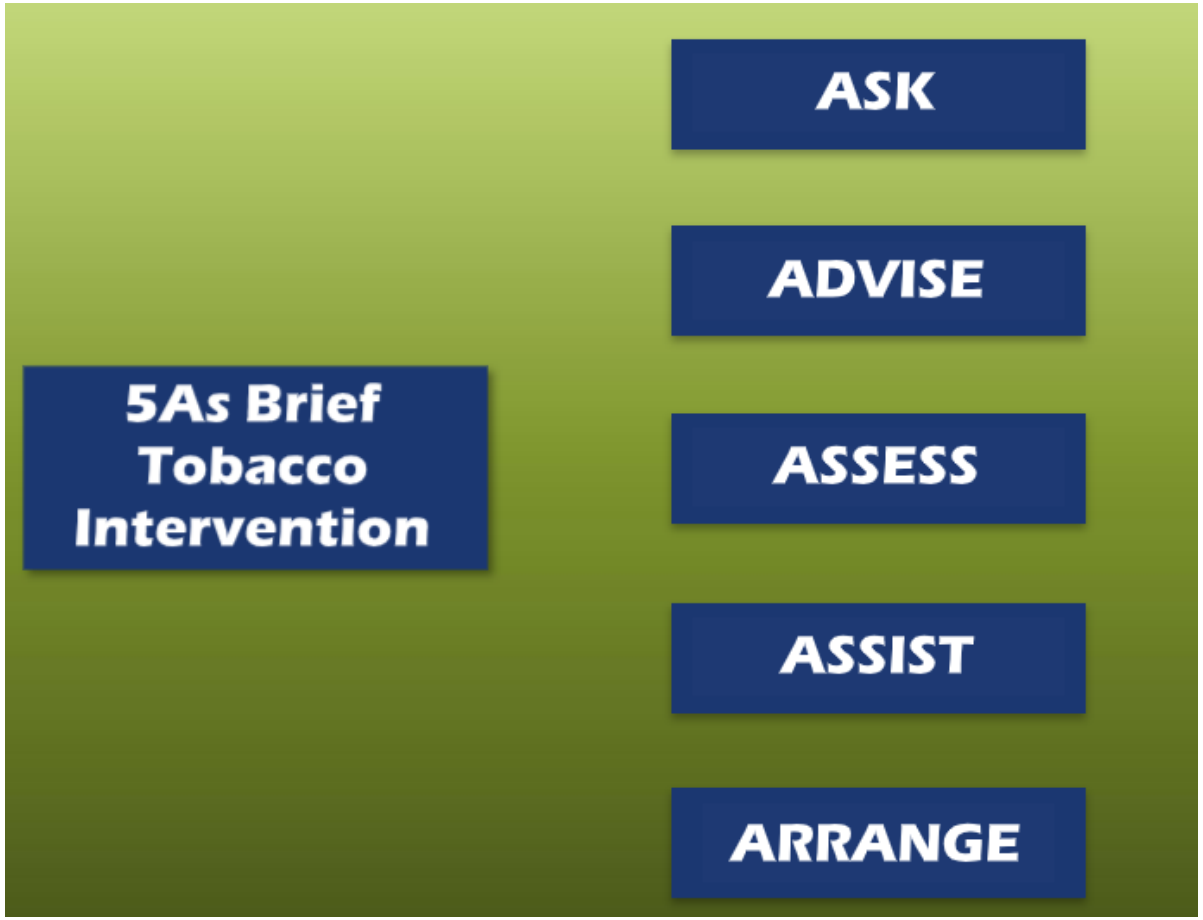
The Brief Intervention

- Best Practice



The Brief Intervention



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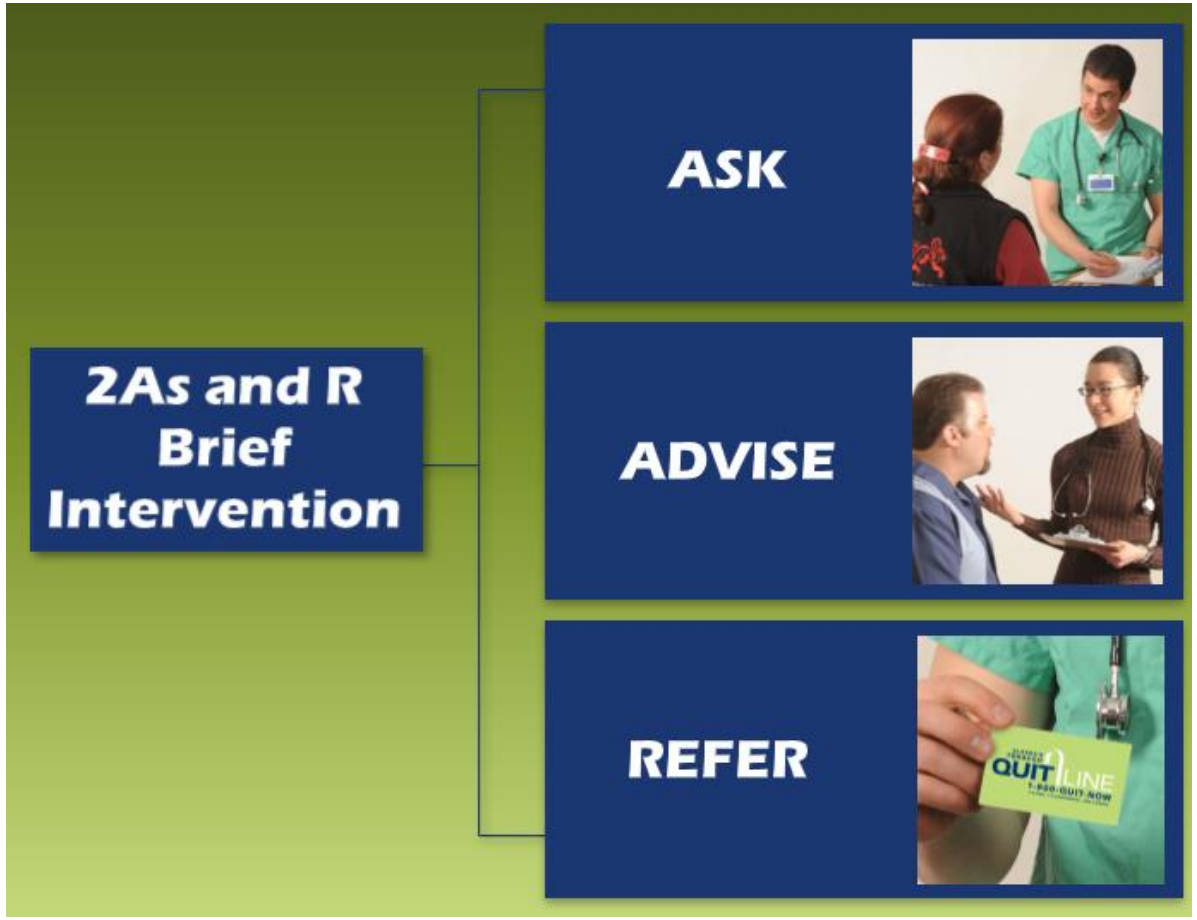

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Provider Demonstrations

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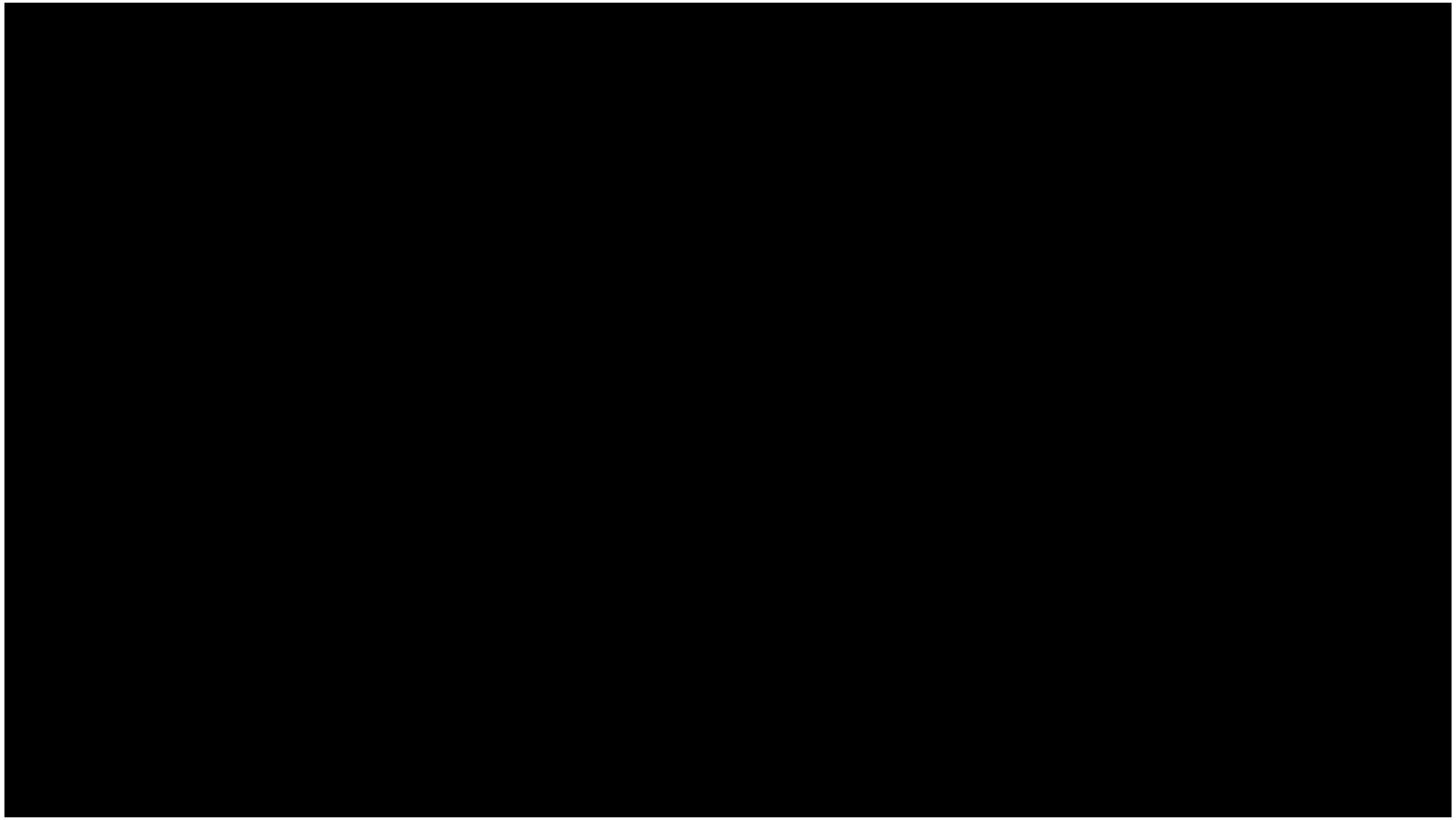
Family Practice



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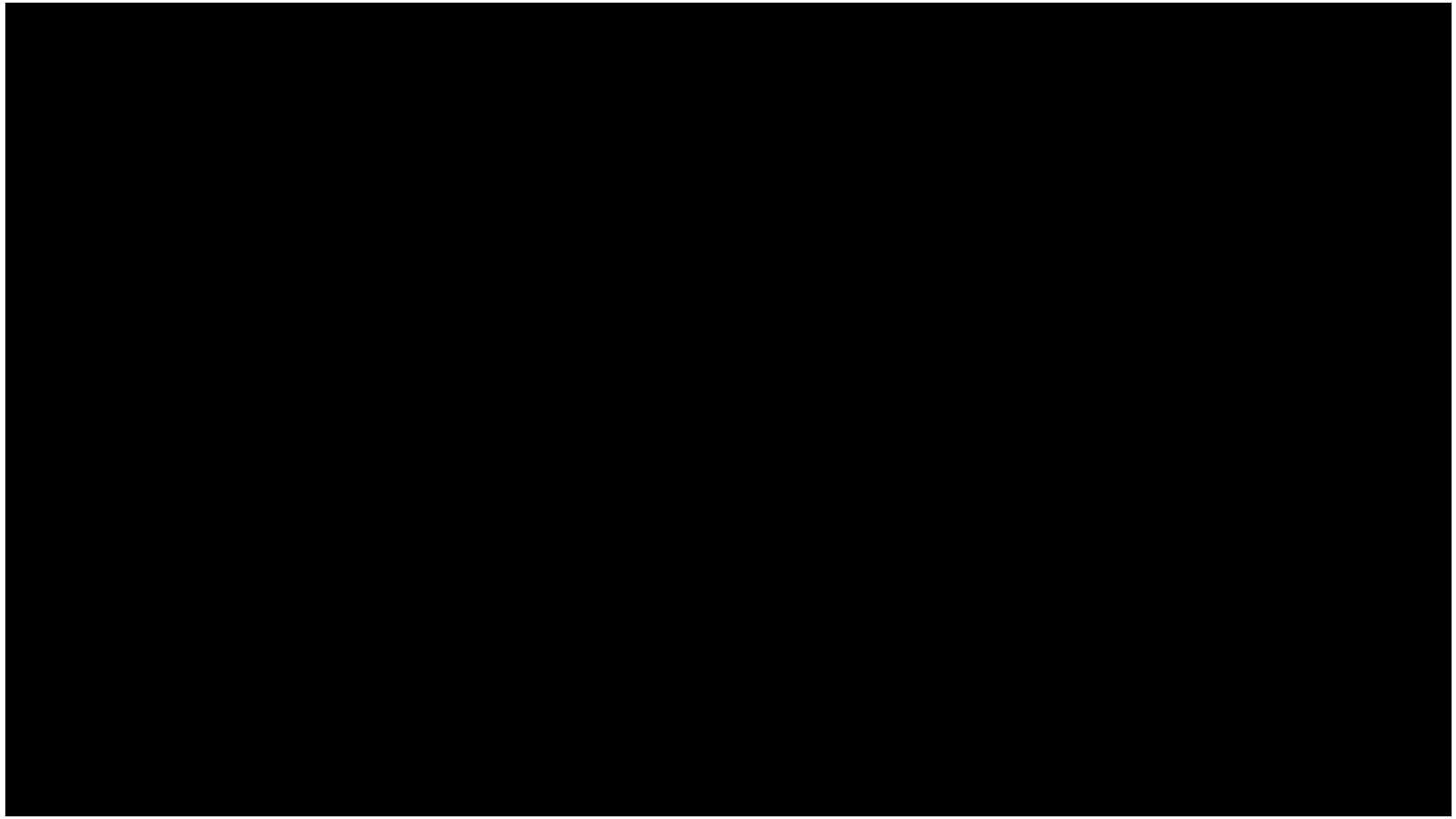
Substance Abuse Counselor



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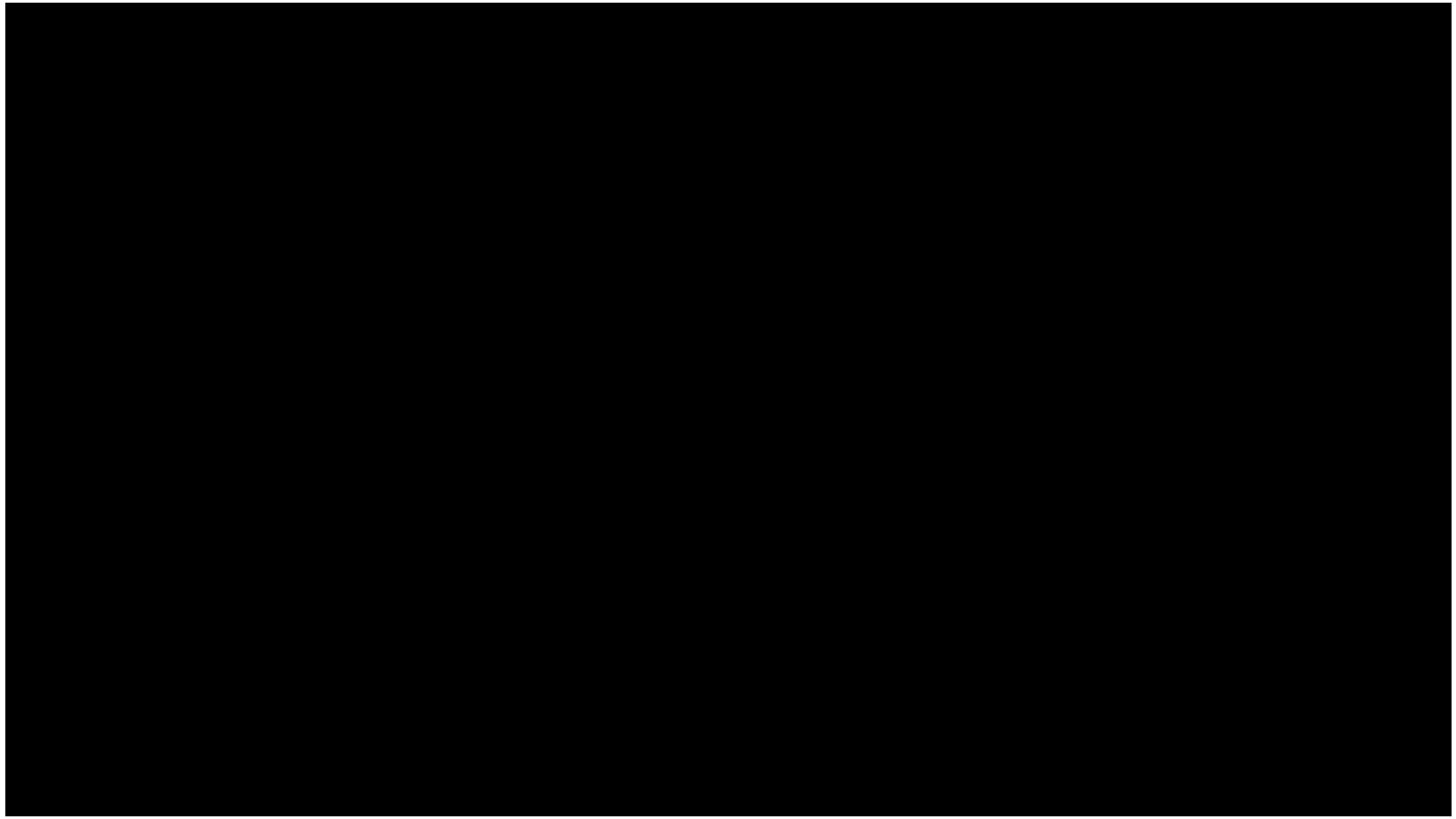
Inpatient Treatment Provider



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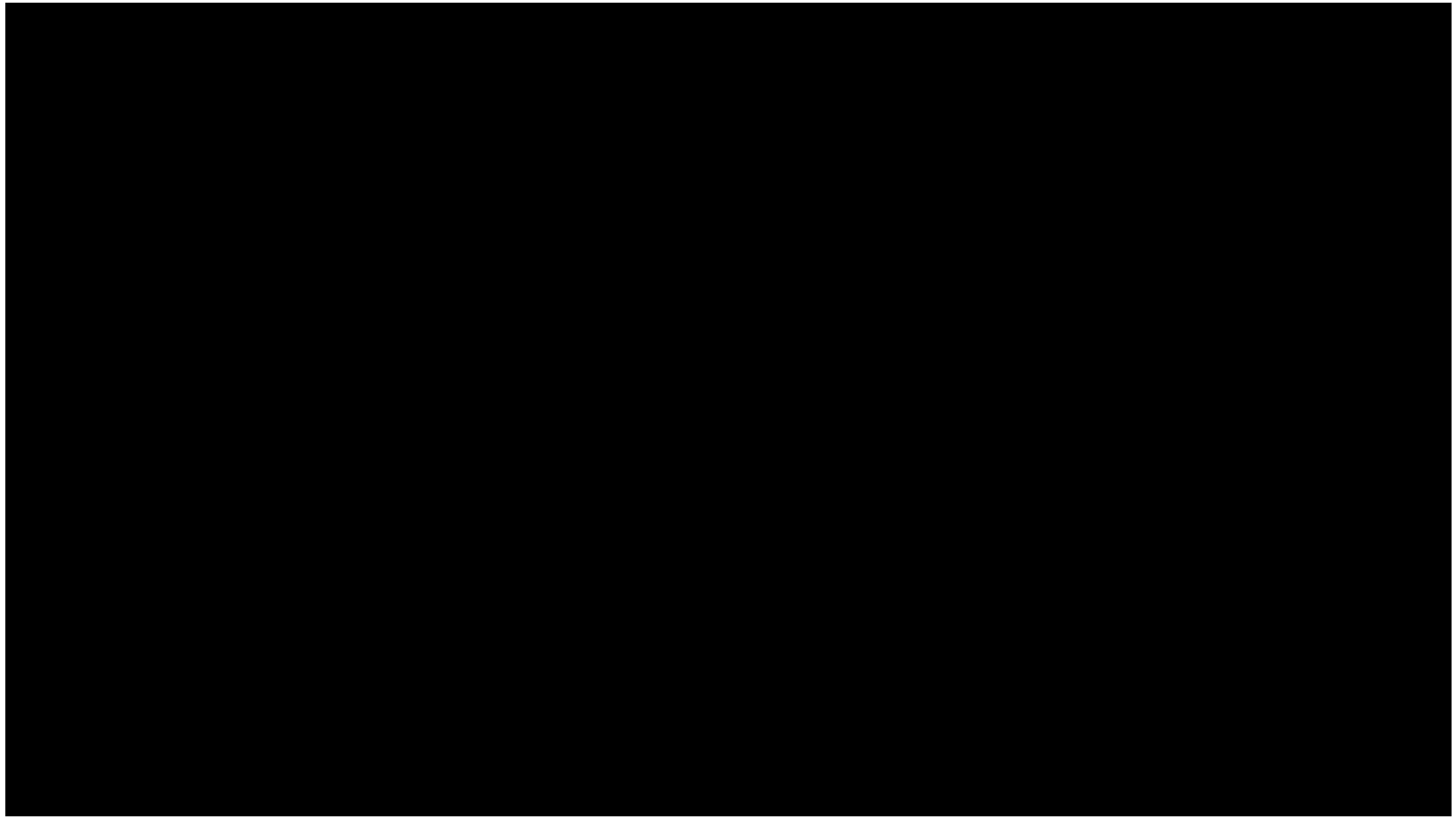
Dentist



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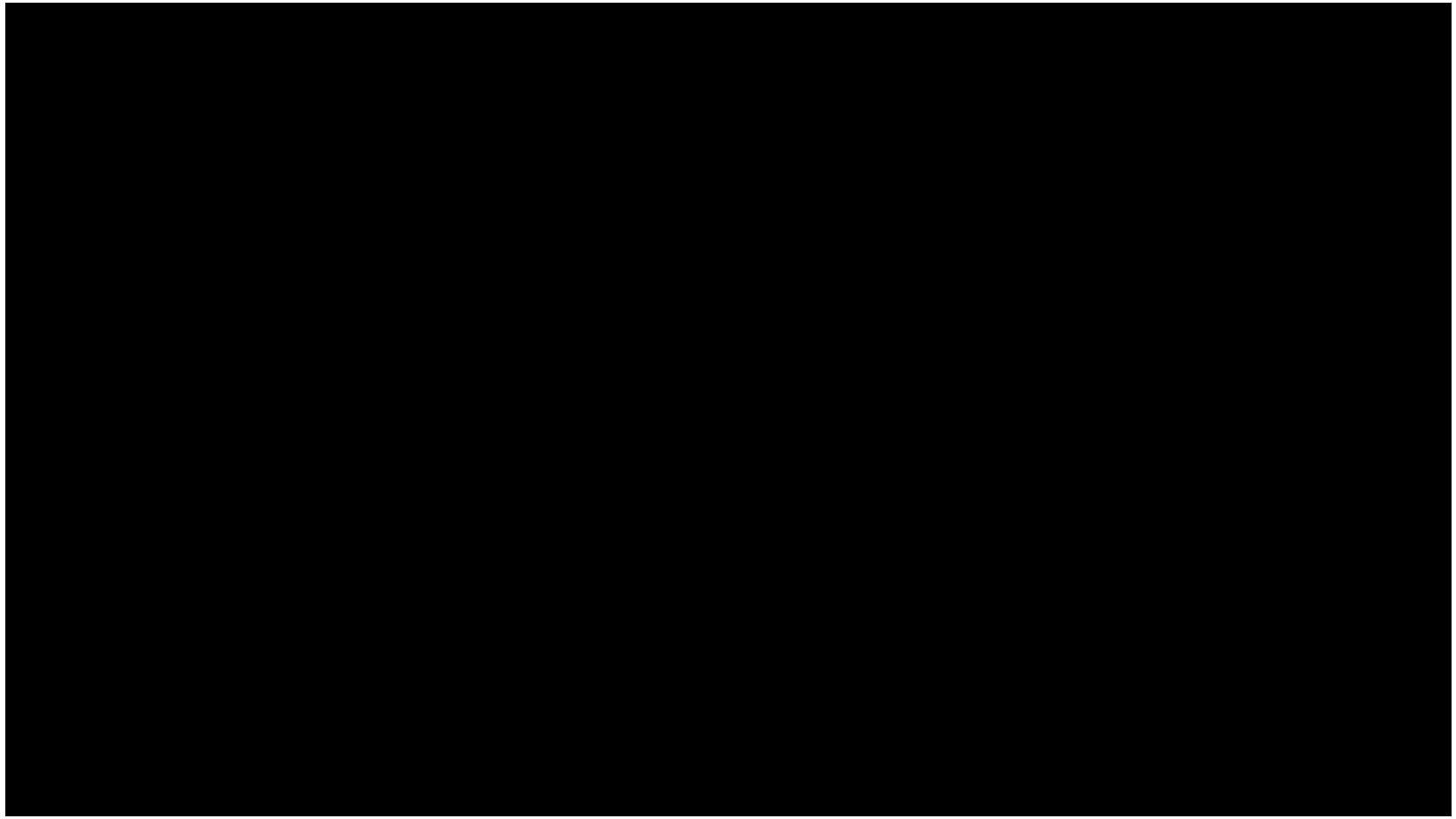
CHAP



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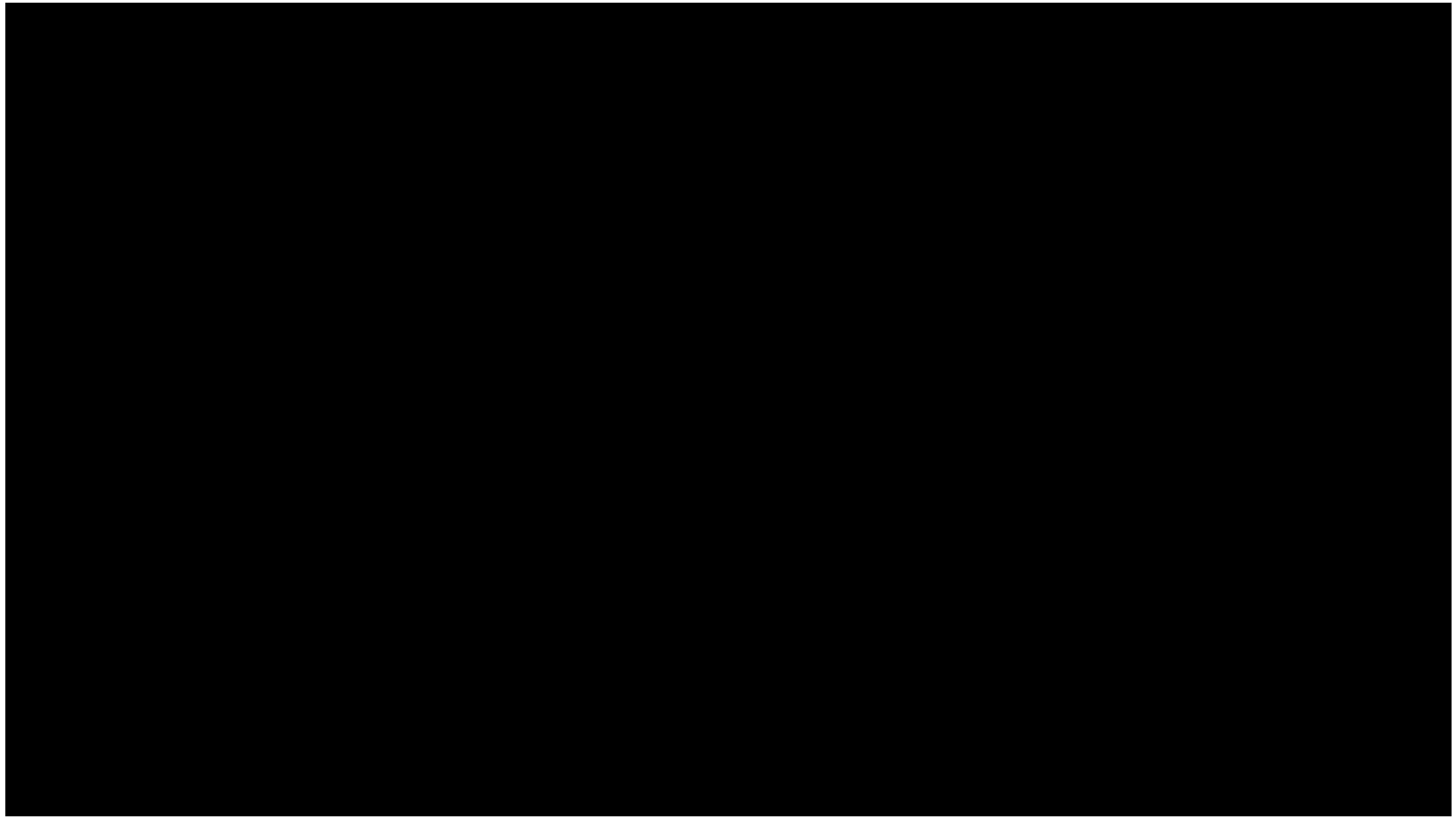

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The Referral

- YKHC Tobacco Cessation Program
  - Internal within tobacco social history
  - Add order – E.H.R.
    - 52 week program combines counseling + medications
- Alaska Tobacco Quit line
  - Phone (1-800-quit now)
  - Fax Referral
    - Five counseling sessions + 2-4 weeks of NRT

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Pharmacotherapy

- Nicotine Replacement Therapies (NRT)
  - Gum, Lozenges, Patch, Inhaler, Nasal Spray

- Non-NRT medications
  - Varenicline (Chantix)

  - Bupropion SR (wellbutrin, Zyban)

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Questions?

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