

# Tobacco Screenings

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# Objectives

- Describe the benefits of a brief intervention
- Use the brief tobacco intervention
- Refer patients for tobacco cessation services
- Describe YKHC Tobacco Cessation Program
- Tobacco screen contest for SRC's

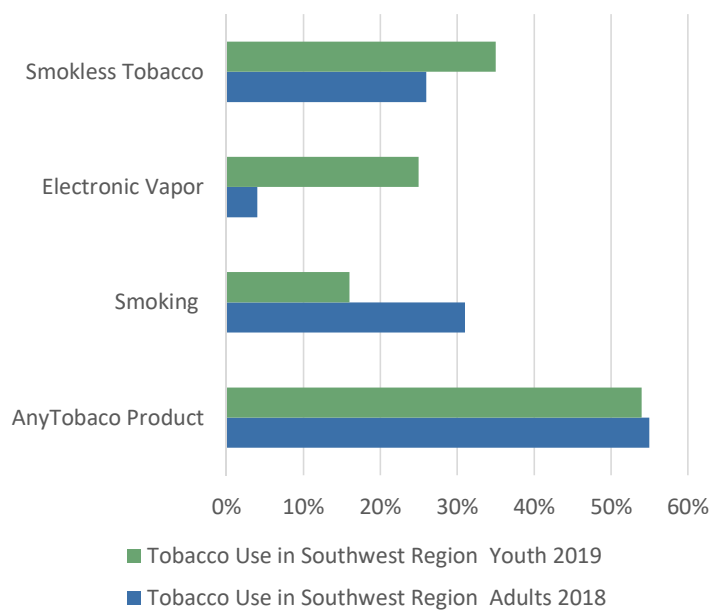


# Who is Using Tobacco

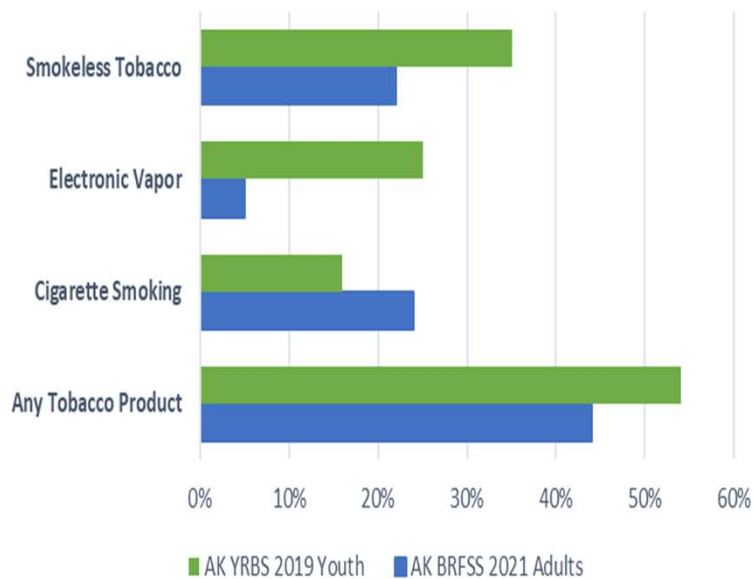
## Tobacco Screenings

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

Tobacco Use in Southwest  
Region of Alaska



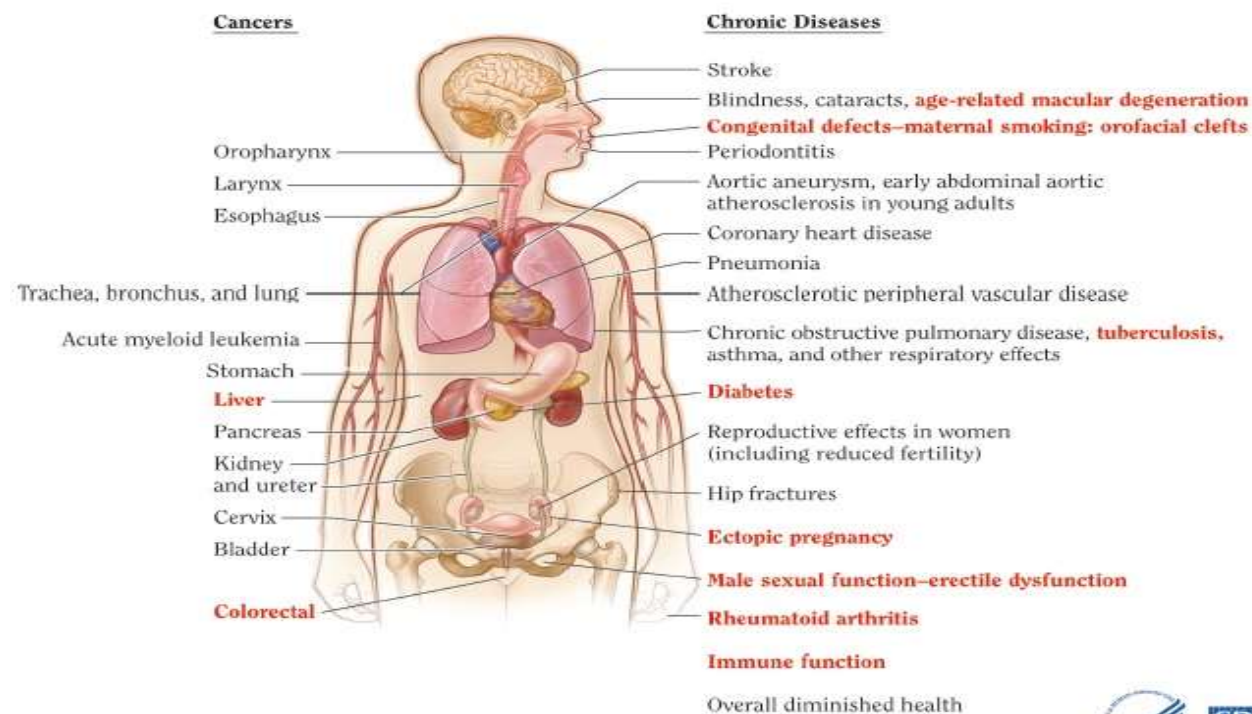
Tobacco Use in Southwest Alaska



# Who is Using Tobacco?

## Risks from Smoking

Smoking can damage nearly every part of your body



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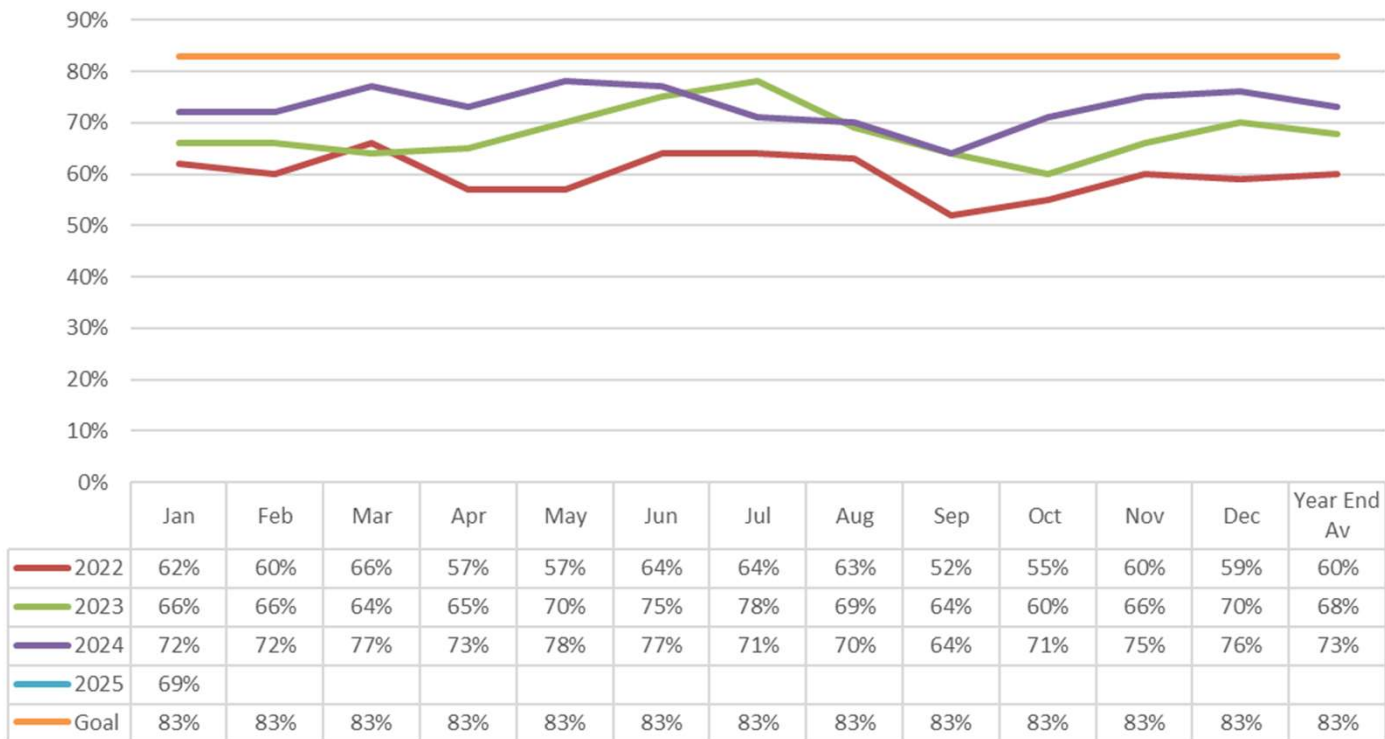


A close-up photograph of a man's face, focusing on his nose and mouth. He has a light beard and is wearing a blue shirt. His hand is resting on a surface in front of him. In the foreground, there is a glass ashtray containing several cigarettes and a lit cigarette with a white filter. The text "70% of smokers want to quit" is overlaid on the image in a bold, dark blue font.

**70% of smokers want to quit**

# YKHC Tobacco Screenings

SRC's Average % of Tobacco Screens by Month and Year

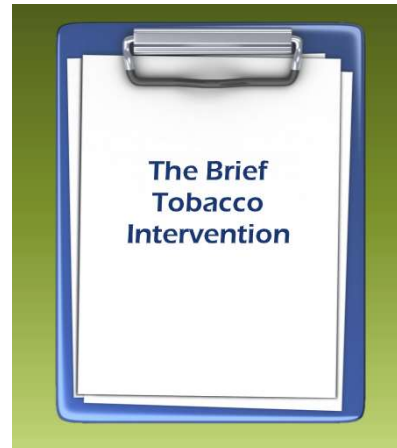


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# The Brief Tobacco Intervention

- 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%



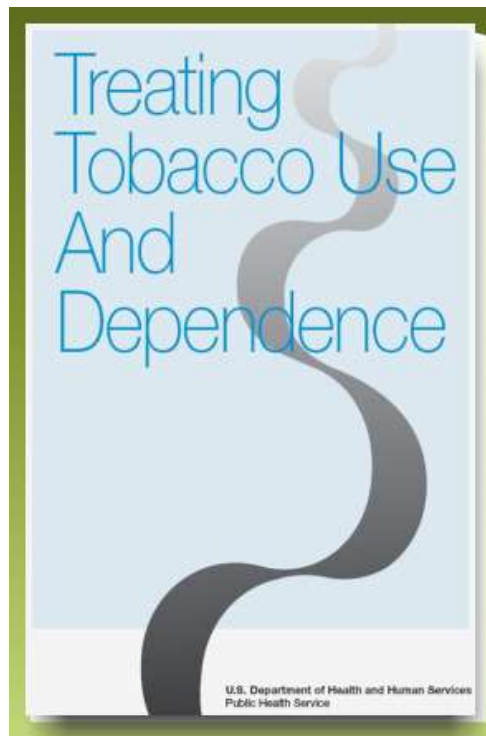
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# The Brief Intervention

- Best Practice



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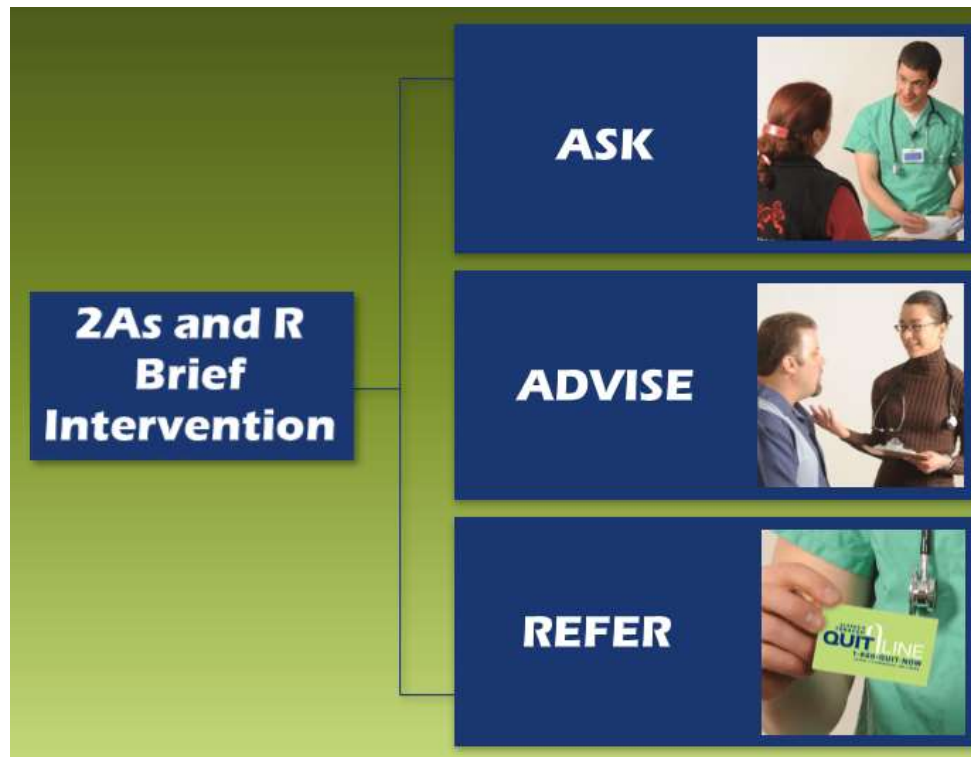
# The Brief Intervention



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# The Brief Intervention



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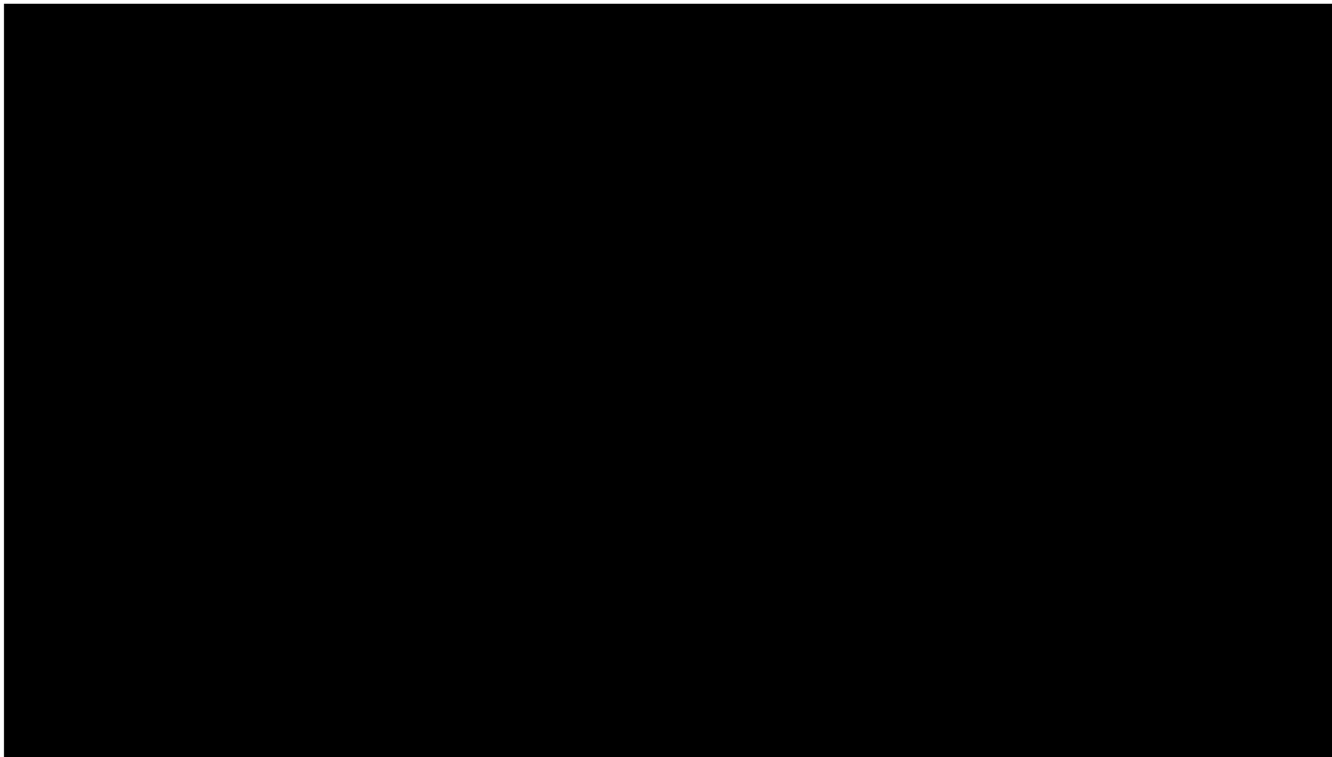
# Provider Demonstrations



## Tobacco Screenings

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# Family Practice



## Tobacco Screenings

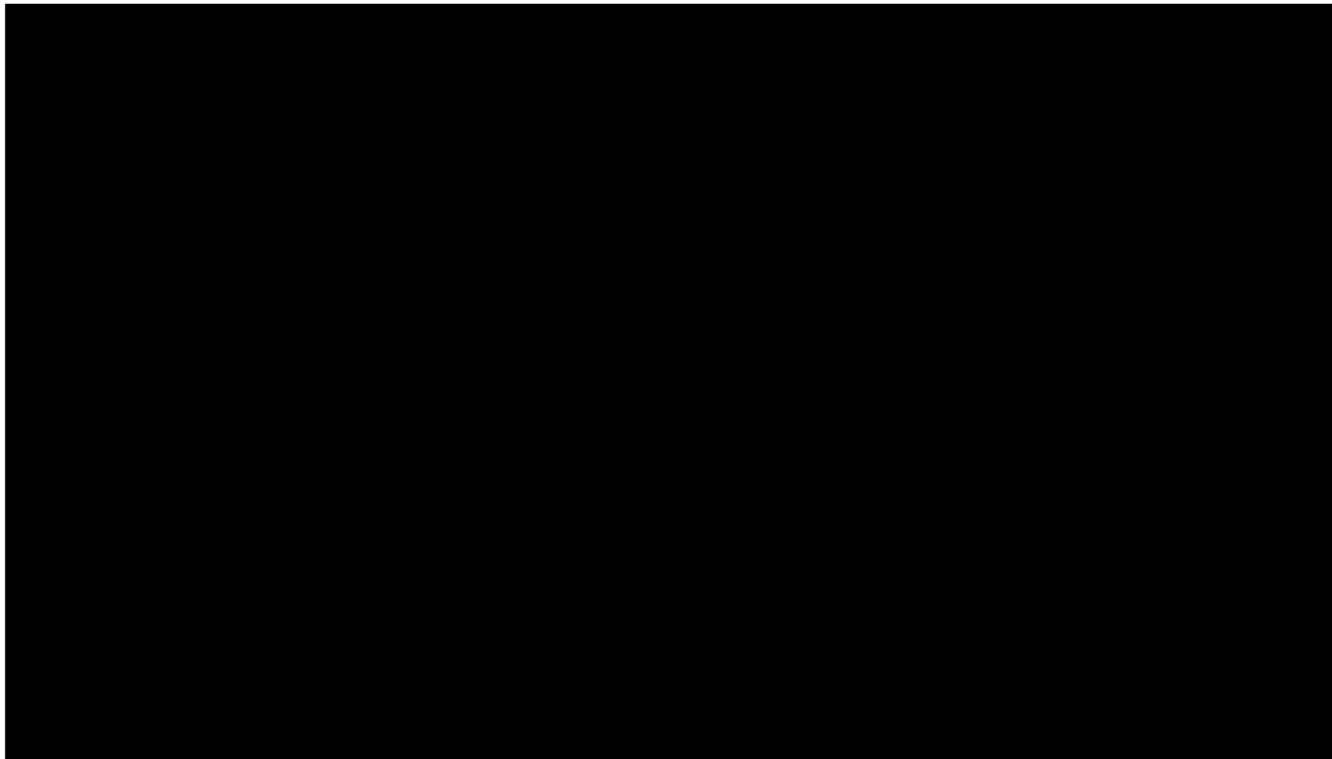
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# Substance Abuse Counselor

## Tobacco Screenings

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# Inpatient Treatment Provider



## Tobacco Screenings

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# Dentist

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# CHAP

## Tobacco Screenings

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# Pharmacist

## Tobacco Screenings

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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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# The Referral – Documenting

- Social History

MyYKHealth: NO Phone Call PIN: 005176473 [Visit On: 4/26/2024 8:59:23 AM AKDT] Visit Reason: Nicot...

Family Procedure **Social**

Mark all as Reviewed

Do not select

Substance Use

+ Add Modify Display: Active

Category	Details	Last Upd...	Last Updated	Last Reviewed
Tobacco	Tobacco Use: Never (less than 100 in lifetime). Have you ever used Chew/Iqmik? Never. Smoking/Oral use type: Non-Tobacco User. Not a tobacco user, No	Friday, Be...	9/19/2022 10:50 AM AKDT	9/19/2022 10:50 AM AKDT
Alcohol	Current, Beer, 1-2 times per week	Friday, Be...	9/19/2022 10:50 AM AKDT	9/19/2022 10:50 AM AKDT
Substance...	Never	Friday, Be...	9/19/2022 10:50 AM AKDT	9/19/2022 10:50 AM AKDT
Sexual				
Nutrition/...				
Home/En...				
Exercise				
Employm...				
Other				

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# The Referral – Documenting

- Social History

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Family Procedure **Social**

Tobacco

\*Have you ever smoked?

\*Smokeless tobacco/Iqmik use:

\*Smoking/Oral use type:

- ☐ Non-Tobacco User
- ☐ Cigarettes
- ☐ Iqmik/Blackbull
- ☐ Chew
- ☐ Electronic Cigarettes (E-Cigs)
- ☐ Snuff
- ☐ Cigars
- ☐ Pipe
- ☐ Other:

\*Are you ready to set a quit date in the next 30 days?

\*Do you want a referral to tobacco cessation? ☐ Yes ☐ No

Comment:

▼ Less

Number of years:

Total pack years:

- Add Order

- Add Order

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# Wiki – Guide to YKHC Medical Practices



## INTRODUCTION

Wiki Orientation  
People, Place, and Culture  
Bethel A to Z  
Medical Practice Introduction  
Job Descriptions

## NEW HIRE ORIENTATION

Before Starting Work  
Living in Bethel  
Benefits  
YKHC Provider Orientation

## GENERAL INFORMATION

Meetings  
Tiger Connect (YK paging system)  
Electronic Health Records(EHR)  
Systems Access  
Continuing Medical Education (CME)

## EMERGENCY SERVICES

Emergency Department  
Emergency Department Guidelines

[Page](#) [Discussion](#) [Actions](#) [Tools](#)

## Tobacco Cessation

**YKHC is a completely Tobacco Free campus as of 2/5/2018.**

Many of our patients use tobacco in various forms. Chewing tobacco is very popular here, especially smokeless tobacco. Tobacco is mixed with a spruce tree fungus called "punk ash". The punk ash and tobacco mixed together is known as **lqmik**. The punk ash allows the tobacco to enter the blood stream quickly which gives a nicotine rush almost instantly. This obviously makes it harder to quit.

Providers should ask patients about tobacco use at every visit and really encourage them to quit chewing, smoking, and/or vaping.

We have an aggressive **Nicotine/Tobacco Cessation Program** at YKHC. The Nicotine Cessation office is physically located on the first floor of the main hospital down Silver Hall. They can be reached at **907-543-6312**

To refer a patient, order a **"Refer to Nicotine Control Internal"**.

- If in Bethel
  - You can have the patient directly referred to the tobacco cessation office where they will be counseled and prescriptions for patches, gum, inhalers, bupropion (Wellbutrin), or varenicline (Chantix) will be written if appropriate.
  - You will be asked to sign proposed orders by the Nicotine Cessation staff for your panel of patients, if bupropion or varenicline are selected or if the patient is pregnant (nicotine replacement therapy only).
  - If the patient is in the hospital, Nicotine Control staff may be able to enroll the patient in-person. TigerConnect to "Nicotine Control and Tobacco Prevention On Call" and check for availability.

*Feel free to prescribe any nicotine replacement the patients want, but encourage them to see the Nicotine Cessation providers to help them with support. The Nicotine Cessation providers can select the appropriate strength of nicotine replacement once they have counseled the patient.*

- If the patient is underinsured or a non-beneficiary, you may want to refer them to the state Quit Line.
  - your best bet is to use the **Quit Line: 1- 888-842-7848 or 1-800-Quit-Now**
    - This is a State of Alaska sponsored tobacco cessation program that can all be completed over the phone and it is free.
    - They will send out free patches or other nicotine replacement products to someone who wants to quit.
    - They offer 4 telephone counseling sessions.
    - They also offer enhanced services for pregnant women and people experiencing substance use disorders and/or mental health conditions.
  - You can also refer to Nicotine Cessation in Bethel and they will call the patient.

## Resources/References



# YKHC Tobacco Free Campus Policy

will be politely reminded of the ban of tobacco products.

- c. Informational / rack cards will be available for all employees to give to visitors who are observed using tobacco on YKHC property.
- d. Facility management/security should be notified and intervene politely when visitors violate the policy. If a visitor continues to violate the policy, they may be asked to leave the campus or the Bethel Police Department (BPD) may be notified requesting the individual be removed from private property.
- e. Visitors may contact the YKHC Tobacco Prevention Program at 1-800-478-3321 extension 6312 or their healthcare provider for information regarding smoking cessation programs. They may also contact the Alaska Quit Line at 1-800-QUIT-NOW (1-800-784-8669).

### 3. Service Recipients

- a. Individuals receiving health services within/at YKHC properties will be informed of tobacco-free policy during the registration process or by staff prior to admission if inpatient.
- b. All service recipients who are interested in quitting will be referred to YKHC tobacco cessation program at 1-800-478-3321 extension 6312 or Alaska's Quit Line at 1-800-QUIT-NOW (1-800-784-8669) if patient would like to receive cost-free services through the State of Alaska.

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- c. Referrals will be made during the outpatient screening or during the inpatient stay by a healthcare provider.



Questions?  
907-543-6312

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