

Medical Assistance with Smoking and Tobacco Use Cessation

Smoking and tobacco use are the leading causes of preventable morbidity and mortality internationally. In 2015, the Centers for Disease Control and Prevention estimated that 15.1% of the US population (36.5 million) were smokers.¹

It is important for healthcare providers to offer support and resources to patients who wish to quit smoking or using tobacco. The HEDIS Measures of Care use the following three components to assess different aspects of providing medical assistance with smoking and tobacco use cessation in adults age ≥18 years:²

Advising Smokers and Tobacco Users to Quit	The percentage of members who are current smokers or tobacco users and who received cessation advice
Discussing Cessation Medications	The percentage of members who are current smokers or tobacco users and who discussed or were recommended cessation medications
Discussing Cessation Strategies	The percentage of members who are current smokers or tobacco users who discussed or were provided cessation methods or strategies

The following are CalOptima's formulary smoking cessation medications:

Label Name	Type	Strength	Dosing
Chantix (varenicline)	Tablet	0.5mg, 1mg	Start 1 wk before target quit date Days 1-3: 0.5mg QD → Days 4-7: 0.5mg BID → then 1mg BID x 11wks
Zyban (bupropion SR)	Tablet	150mg	Start 1-2 wks before target quit date Initial: 150mg QAM → Day 4: 150mg BID. Target: 150mg BID x 7-12wks
Nicorette Lozenge, Nicotine Polacrilex	Lozenge (OTC)	2mg, 4mg	4mg: Patients who smoke 1 st cigarette within 30 mins of waking up 2mg: All other patients Wks 1-6: 1 piece Q2 hours → Wks 7-9: 1 piece Q2-4 hours → Wks 10-12: 1 piece Q4-8 hours. Max: 20 pieces/day
Nicorette	Gum (OTC)	2mg, 4mg	4mg: Patients who smoke 1 st cigarette within 30 mins of waking up 2mg: All other patients Wks 1-6: 1 piece Q1-2 hours → Wks 7-9: 1 piece Q2-4 hours → Wks 10-12: 1 piece Q4-8 hours. Max: 24 pieces/day
Nicoderm CQ, Nicotine Transdermal System	Patch	7mg, 14mg, 21mg	Patients smoking >10 cigarettes/day: Start 21mg/day x 6 wks → 14mg/day x 2 wks → 7mg/day x 3 wks Patients smoking ≤10 cigarettes/day: Start 14mg/day x 6 wks → 7mg/day x 2 wks. Max: not established
Nicotrol NS	Nasal Spray	10mg/mL	1-2 sprays in each nostril/hour x 8 wks Max: 5 sprays/nostril/hour (40 sprays/nostril/day) x 12 wks
Nicotrol Inhaler	Inhaler	10mg/ cartridge	6-16 cartridges/24 hours (20 mins of continuous puffing) x 12 wks Max: 16 cartridges/day x 12 wks

CalOptima offers members with no-cost tobacco cessation services through telephone, face to face meetings or referral to group classes. The California Smokers' Helpline offers online and telephone support for patients who are trying to quit tobacco use. Services are available in languages such as English, Spanish, Chinese (Cantonese, Mandarin), Vietnamese and Korean.

Members can obtain more information about tobacco and smoking cessation from the following resources:

- CalOptima Health and Wellness Library-Smoking Cessation: <http://www.caloptima.org/HealthEducation> or by calling 714-246-8895.
- The California 1-800-QUIT-NOW or <http://www.nobutts.org>
- Orange County Tobacco Education 1-800-NEW LUNG (639-5864) or www.octec.org

References

1. Centers for Disease Control and Prevention. Current Cigarette Smoking Among Adults—United States, 2005–2015. Morbidity and Mortality Weekly Report 2016;65(44):1205–1211. Accessed 5/2/18.
2. HEDIS 2018 Volume 3 Specifications for Survey Measures by the National Committee for Quality Assurance (NCQA). Accessed 6/5/18.

The CalOptima Approved Drug List is available on our website: www.caloptima.org
and for PDA download at www.epocrates.com