



TOBACCO USE AND/OR DEPENDENCE

DEFINITION	Those using tobacco in any form. Dependence is a chronic condition that often requires repeated intervention.
SUBJECTIVE	<ol style="list-style-type: none">1. Screen all clients for current/past tobacco use and form of tobacco used.2. Assess amount smoked and length of use.3. Assess for prior attempts at quitting.4. Assess willingness to quit or decrease use.5. Assess for smoking related health problems.6. Assess smoking in client's environment, i.e., family, and employment setting.
OBJECTIVE	May include physical exam in past year.
LABORATORY	N/A
ASSESSMENT	Tobacco use and/or dependence.
PLAN/CLIENT EDUCATION	<ol style="list-style-type: none">1. For client willing to quit, see Treating Tobacco Use and Dependence: Clinical Practice Guideline 2008 Update, pages 40-56.2. For client unwilling to quit, see Treating Tobacco Use and Dependence: Clinical Practice Guideline 2008 Update, pages 57-60.3. For client who has recently quit, see Treating Tobacco Use and Dependence: Clinical Practice Guideline 2008 Update, pages 60-62.4. Pharmacologic agents include:<ol style="list-style-type: none">a. Bupropion SR - see Clinical Practice Guidelines, Table 3.3, pages 46-47.b. Nicotine Gum - Table 3.4, pages 47-48.c. Nicotine Inhaler - Table 3.5, page 49.d. Nicotine lozenge- Table 3.6, page 50.e. Nicotine nasal spray, Table 3.7, page 51.f. Nicotine patch - Table 3.8, pages 52-53.g. Chantix (varencicline) - Table 3.9, pages 53-54.5. Provide client with Consumer Guide "You Can Quit Smoking," by the US Department of Health and Human Services www.surgeongeneral.gov/tobacco/consquits.htm , or other literature, as available.6. Advise client to use counseling with any therapies, i.e. the North Dakota Quitline, http://www.ndhealth.gov/tobacco/quitline.htm , or Getquitplan@ www.chantix.com7. Additional resources include:<ol style="list-style-type: none">a. American Cancer Society (1-800-ACS-2345) or www.cancer.orgb. American College of Obstetricians/Gynecologists (for pregnant women) (1-800-762-2264) or www.acog.comc. American Heart Association (1-800-AHA-USA1) or www.americanheart.orgd. American Lung Association (1-212-315-8700) or www.lungusa.orge. National Cancer Institute (1-800-4-Cancer) or www.cancer.gov

	f. North Dakota Quitline (1-800-784-8669) http://www.ndhealth.gov/tobacco/quitline.htm g. Center of Disease Control. www.cdc.gov h. Mayo Clinic. www.mayoclinic.org
CONSULT / REFERTO PHYSICIAN	1. As appropriate for those needing pharmacologic intervention, if services not available at the clinic. 2. To tobacco dependence center, if applicable.

Revised 07/11

Reference:

1. Fiore MC, Jaen CR, Baker TB, et al. Treating Tobacco Use and Dependence: 2008 Update. Clinical Practice Guideline. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service, May 2008.