

BENEFIT NEWS

WVCH: Tobacco Cessation

August 15, 2018

WVCH has partnered with the American Lung Association to provide our members with a tobacco cessation program.

WVCH covers tobacco cessation aids and medications to support your patients in their efforts to quit using tobacco. The American Lung Association offers stop smoking programs for members as additional support through a personal coach. The free sessions are provided over the phone or taught by peer leaders who are trained to help people quit smoking and quit using tobacco.



“Providing assistance and support resources for my patients who are ready to quit tobacco usage helps me meet my patients health goals.”

- WVCH Provider

WVCH covers the following tobacco cessation aids:

(with some limits)

Nicotine Gum, Nicotine Lozenge, Nicotin Patches, Nicotrol Inhaler, Nicotrol NS, Varenicline (Chantix) Tablets, and Bupropion (Wellbutrin, Zyban) Tablets

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When counseling your patients about smoking, the Agency for Healthcare Research recommends a brief smoking cessation intervention known as the “5 A’s”: Ask, Advise, Assess, Assist, and Arrange.

Ask-

Ensure tobacco-use status information is obtained and recorded at every patient visit. Ask open ended questions so the patient is given the opportunity to discuss their situation.

- “Have you ever smoked?”
- “How often do you smoke?”
- “How many cigarettes did you smoke yesterday/last week/last month?”
- “Why do you think it would be a good idea to quit?”

Advise-

Advise your patients to quit smoking. Be clear and to the point.

Assess-

Ask every patient if they are willing to quit at this time. If yes then Assist and Arrange.

Assist-

Assist your patients with a quit plan using the American Lung Association tools as well as the benefits provided under WVCH.

Arrange -

Schedule follow-up to review patient progress towards quitting.

Resource:

<http://www.sfhpa.org/files/Counseling-Your-Patients-about-Tobacco-Cessation.pdf>

Questions:

Contact WVCH Customer Service 503-584-2150 for program support or Kathryn McFarland to request the hard copy of the member guides email: kmcfarland@wvchealth.org

Access OHA free online tobacco cessation counseling training for all types of providers and care team members at <https://www.oregon.gov/oha/HPA/CSI/TC/Pages/tobacco-cessation.aspx>

View the current WVCH Formulary at WVCHHealth.org on the For Providers page.