



# CA QUILTS

aims to change the way health professionals address smoking with their patients

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*Tobacco is the  
#1 preventable  
cause of death  
and disability.*

## THE INITIATIVE

CA Quits is a tobacco cessation learning collaborative for hospitals participating in the California Department of Health Care Services' Public Hospital Redesign and Incentives in the Medi-Cal (PRIME) program.

This learning collaborative is funded by the California Tobacco Control Program and builds off of the UC Quits project connecting the 5 UC health systems with the California Smokers' Helpline at UC San Diego through bi-directional e-referrals for smoking cessation.

## CA QUILTS PARTNERS

California Tobacco Control Program (CTCP), UC Davis, Smoking Cessation Leadership Center at UC San Francisco, California Smokers' Helpline, CA Department of Healthcare Services.



For more information, please contact Cynthia Vela at [Cynthia.Vela@dhcs.ca.gov](mailto:Cynthia.Vela@dhcs.ca.gov)

# CA QUILTS

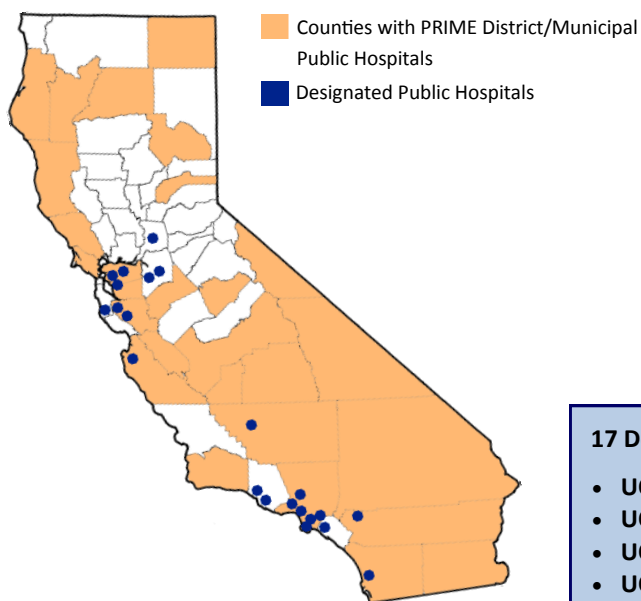
## PRIME | PUBLIC HOSPITAL REDESIGN AND INCENTIVES IN MEDI-CAL

### WHAT IS PRIME?

A five-year program for public hospitals to earn up to \$3.7 billion in federal incentive payments through evidence-based quality improvement methods to achieve performance targets (2016-2020).

[www.dhcs.ca.gov/provgovpart/Pages/PRIME.aspx](http://www.dhcs.ca.gov/provgovpart/Pages/PRIME.aspx)

### WHO IS PARTICIPATING IN PRIME? | 54 California Public Hospitals



#### 20 District/Municipal Hospitals Reporting on Tobacco

- Coalinga Regional Medical Center
- Eastern Plumas Health Care
- El Camino Hospital
- El Centro Regional Medical Center
- Healdsburg District Hospital
- John C. Fremont Health Care District
- Kaweh Delta Health Care District
- Kern Valley Healthcare District
- Lompoc Valley Medical Center
- Mammoth Hospital
- Mayers Memorial Hospital District
- Modoc Medical Center
- Oak Valley Hospital District
- Palo Verde Hospital
- Palomar Medical Center
- Salinas Valley Memorial Healthcare System
- Southern Inyo Hospital
- Tahoe Forest Hospital District
- Tri City Medical Center
- Tulare Regional Medical Center

#### 17 Designated Public Hospitals

- UC Davis
- UC San Francisco
- UC Los Angeles
- UC Irvine
- UC San Diego
- LA Dept of Health Services
- Alameda Health System
- Arrowhead Regional
- Contra Costa Regional
- Kern Medical Ctr
- Natividad Medical Ctr
- Riverside Univ Health System
- San Francisco General Hospital
- San Joaquin General Hospital
- San Mateo Medical Ctr
- Santa Clara Valley Medical Ctr
- Ventura County Medical Ctr

### OPPORTUNITY FOR TOBACCO | Tobacco Identification and Counseling Quality Metric (NQF 0028)

#### Metric Reported Twice a Year for Outpatients in Four PRIME Projects

**Project 1.1:** Integration of Behavioral Health and Primary Care (Required for 17 DPH)

**Project 1.2:** Ambulatory Primary Care Redesign (Required for 17 DPH)

**Project 1.3:** Ambulatory Specialty Care Redesign (Required for 17 DPH)

**Project 1.5:** Million Hearts Initiative (Elective)



CA Quits is a tobacco cessation learning collaborative funded by the California Tobacco Control Program

For more information please contact [cynthia.vela@dhcs.ca.gov](mailto:cynthia.vela@dhcs.ca.gov)

[www.caquits.com](http://www.caquits.com)

# ONLINE REFERRAL OPTIONS

## To Evidence-Based Tobacco Treatment



*“At Zuckerberg San Francisco General, the Helpline is the best resource for providing skilled cessation counseling in our patients’ native language. Our patients appreciate the convenience and we feel more confident they will obtain services once they leave us. What’s more, receiving reports about the referral outcomes allows us to better evaluate our programs.”*

Joseph Clement RN, MS, CCNS  
Clinical Nurse Specialist

## Easily Refer to Free Cessation Services

The California Smokers’ Helpline offers busy health professionals online options for referring their patients and clients who smoke to free, evidence-based telephone counseling services.

Helpline services are offered in multiple languages and are proven to double a smoker’s chance of successfully quitting.

## Benefits of Online Referral to the Helpline

- ▶ Secure
- ▶ Helpline counselors proactively follow-up with patients
- ▶ Helps providers comply with quality assurance measures such as Joint Commission Tobacco Measures and CMS Meaningful Use Criteria
- ▶ As a Public Health Specialized Registry, eligible professionals can choose to identify and report smokers to the Helpline as part of their Meaningful Use Compliance

## Online Referral Options

|                    | Web-Based   | DIRECT/<br>Secure Email  | Other Internet<br>Options                   |
|--------------------|---|--|---|
| Description        | Refer online at <a href="http://www.nobutts.org">www.nobutts.org</a>    | Refer via secure email   | Refer via LLP, TCP/IP, SFTP, etc.           |
| Cost               | Free  | Varies   | Varies                                      |
| Reporting          | Aggregate referral reports  | Individual patient reports may be available  | Individual patient reports may be available |
| How to Get Started | Register online at <a href="http://www.nobutts.org">www.nobutts.org</a> | Contact Carrie Kirby at (858) 300-1054 or <a href="mailto:meaningfuluse@ucsd.edu">meaningfuluse@ucsd.edu</a> |   |

## For More Information

Please visit [www.nobutts.org/helpline-referral-options](http://www.nobutts.org/helpline-referral-options).





## Free Services from the California Smokers' Helpline

Established in 1992 by researchers at the University of California San Diego, Moores Cancer Center, and proven in clinical trials to double a smoker's chance of success, the California Smokers' Helpline offers the following free services over the phone:

- 30-minute session with a trained specialist to develop a quit plan, self-help materials, and up to five follow-up sessions.
- All services and materials available in English, Spanish, Korean, Vietnamese, Mandarin and Cantonese
- Specialized services for pregnant smokers, tobacco chewers and teens
- Text messaging program available at [www.nobutts.org](http://www.nobutts.org)
- Open Monday to Friday, 7 a.m. to 9 p.m., and Saturday, 9 a.m. to 5 p.m.

Take the next step and visit [www.nobutts.org](http://www.nobutts.org) to:



Learn more about our free tobacco cessation services.



Download free patient materials.



Check out our free materials and trainings for health professionals.



Register for our free, online referral service.

# PHARMACISTS:

## Furnishing Nicotine Replacement Therapy for Smoking Cessation



California law (Senate Bill 493, effective 1/25/2016) allows pharmacists to provide nicotine replacement therapy (NRT) products without a physician's prescription.<sup>1</sup> This regulation was passed to ensure that patients in California have timely access to NRT and information to initiate smoking cessation medication therapy appropriately.

**Q: What NRT products are covered under this furnishing authority?**

**A:** Prescription NRT (inhaler, nasal spray) approved by the federal Food and Drug Administration (FDA) are covered under this protocol.

**Q: What does this mean for non-prescription or “over-the-counter” (OTC) NRT products?**

**A:** Some patients need a prescription to get OTC NRT (patches, gum, and lozenges) covered by their insurance. This protocol allows pharmacists to prescribe OTC NRT just as physicians do. Patients then pay the co-pay (where applicable) for the product.



## Q: What are the steps to furnish NRT?

**A:** Pharmacists must follow the California Board of Pharmacy Protocol for Pharmacists Furnishing Nicotine Replacement Products as indicated here:<sup>2</sup>

1. Review the patient's current tobacco use and past quit attempts.
2. Ask the patient the six screening questions to determine if NRT is right for him/her.
3. If NRT is appropriate, in consultation with the patient select any nicotine replacement product (alone or in combination) from a list of products specified in the NRT furnishing protocol.
4. Once NRT is furnished:
  - a. Review instructions for proper use with the patient.
  - b. Recommend that the patient seek additional assistance and support from services like the California Smokers' Helpline (1-800-NO-BUTTS).
5. Answer any questions the patient has regarding smoking cessation therapy and NRT.

## Q: Who should pharmacists notify?

**A:** Pharmacists should notify the patient's primary care provider after furnishing NRT. If the patient does not have a primary care provider, the pharmacist should:

1. Give the patient a written record of the NRT product furnished.
2. Advise the patient to consult with a health care provider of the patient's choice.

## Q: What should pharmacists document?

**A:** Pharmacists should document any NRT furnished in the patient's medication record. Records should be securely stored for at least three years from the date of dispense.

## Q: Do pharmacists need training prior to furnishing prescription NRT?

**A:** Yes, pharmacists must complete a minimum of 2 hours (every 2 years) from an approved continuing education program specific to smoking cessation therapy and NRT.

For example qualifying programs see:

- California Pharmacists Association: <https://www.cpha.com/CE-Events/OnDemand/Smoking-Cessation>
- UC Quits: <https://cmecalifornia.com/Activity/3439569/Detail.aspx> (Modules 1-4)

<sup>1</sup>California State Board of Pharmacy (2016). SB-493 Pharmacy practice, SEC. 6, Section 4052 of the Business and Professions Code. Retrieved on 1/18/17 from [http://leginfo.ca.gov/faces/billTextClient.xhtml?bill\\_id=201320140SB493](http://leginfo.ca.gov/faces/billTextClient.xhtml?bill_id=201320140SB493)

<sup>2</sup>California State Board of Pharmacy (2016). Section 1746.2 CA Code of Regulations. Protocol for Pharmacists Furnishing Nicotine Replacement Products. Retrieved on 1/18/17 from [http://www.pharmacy.ca.gov/publications/nicotine\\_protocol.pdf](http://www.pharmacy.ca.gov/publications/nicotine_protocol.pdf)

Take the next step and visit [www.nobutts.org](http://www.nobutts.org) to:



Learn more about our free tobacco cessation services.



Download free patient materials.



Check out our free materials and trainings for health professionals.



Register for our free, online referral service.

CALIFORNIA  
SMOKERS' HELPLINE  
**1-800-NO-BUTTS**

# CA QUILTS

## ASSESS TOBACCO STATUS | UC DAVIS STAFF SCRIPT AND DOCUMENTATION

- 1) **Ask:** Have you used tobacco, including electronic cigarettes, in the past month?
- 2) **Ask:** Do you live with a household smoker?

The screenshot shows the 'Substance & Sexuality' assessment form in the CA QUILTS system. The form is divided into two main sections. The top section, titled 'Substance & Sexuality', includes fields for Smoking Status (Current Every Day Smoker), Start Date, Quit Date, Smokeless Tobacco (Unknown), and Types (Snuff, Chew). The bottom section, also titled 'Substance & Sexuality', includes fields for Smoking Status (Former Smoker), Start Date, Quit Date, Smokeless Tobacco (Never Used), Types (Cigarettes, Pipe, Cigars, e-Cigarettes, Vapor Cigarettes, Hookah), Packs/Day (0,10), Years (20.00), Pack Years (2), Counseling Given (Yes, No), and Comments (recently quit smoking). Below this is a 'Sexually Active' section with fields for Birth-Control/Protection (Condom, Pill, Diaphragm, IUD, Surgical, Spermicide, Implant, Rhythm, Injection, Sponge, Inserts, Abstinence), Partners (Female, Male), and Comments (together for 3 years). At the bottom, there is a 'Mark as Reviewed' checkbox and a timestamp: 'Last Reviewed by Vaihere Sagues on 4/12/2017 at 9:40 AM'.

### TIPS |

- Select Current, Former, Passive, or Never for "Smoking Status" and "Smokeless Tobacco."
- For Current users, "Every Day" or "Some Day" is more useful than "Heavy" (10+ cigarettes daily, 20 cigarettes in one pack) or "Light."
- Dates and packs/day fields are helpful for lung cancer screening
- Timestamp every assessment with "Mark as Reviewed"
- Marijuana use: Note in Drug Use section



# CA QUILTS

## COUNSELING | UC DAVIS STAFF SCRIPT AND DOCUMENTATION

1) **Advise to Quit:** "The best thing you can do for your health is to not smoke. Medications and counseling support doubles your chances of quitting and staying quit."

2) **Medications:** "There are 7 FDA-approved medications to help reduce your need to smoke."

- 5 nicotine meds (patch, gum, lozenge, nasal spray, inhaler)
- 2 pills (varenicline, bupropion)

3) **Counseling:** "I can have someone contact you about a group class or have the California Smokers' Helpline at UC San Diego call you for free help in a couple days."

- UCD group class: 2-hour workshop or 8-class series, [livinghealthy.ucdavis.edu](http://livinghealthy.ucdavis.edu)
- Quitline: 30 minute 1:1 help with action plan and booklet
- Online: [smokefree.gov](http://smokefree.gov), [nobutts.org](http://nobutts.org)
- UCD Cancer Center: pharmacy team

## TIPS |

- Orders: "Smoking" Smartset or Full Order Panel has billing, meds, referrals
- Smartphrase for Progress Notes: `.smkhelp` or `.tobhelp`
- Document advice only: "HM: Health Maintenance", "Tobacco History: Counseling Given", (Inpatient) "Patient Education: Tobacco Practical Counseling"
- Click on Quitline Order hyperlink to order for household smoker or Spanish/Asian language lines

