

# Nurses Nix Nicotine

## *Nurses supporting tobacco dependence treatment*



**Friday, May 7, 2021**

**12:00 - 12:45 PM**

**(Bonus Chat: 12:45 - 1:00 PM)**

# We Appreciate You!



# Housekeeping

- This panel discussion is being recorded.
- All participants are muted.
- Please direct your questions to the moderator (Tony Astran) in the chat box, or use the Q&A feature.
- All participants are invited to request an order for up to 100 free Quitline brochures!



# Moderators

- *Tony Astran, MPA, APR, TTS,  
Public Information Specialist*
- *Paula Celestino, MPH,  
Director of Client Relations and Outreach*
- *Patricia Bax, RN, MS, NCTTP,  
Marketing and Outreach Coordinator*



*Unleashing the Healing Power of Hope™*



# Panelists

- Rose Aulino, RN, CHMN, TTS, Psychiatric Nurse, Columbia County Mental Health Center
- Kathy Eliason, RN, MS, TTS, PPE Nurse Supervisor, Cayuga Medical Center
- Patricia Folan, RN, DNP, CTTTS, Director of the Northwell Health Center for Tobacco Control
- Anne Lawton, RN, NCTTP, Community Outreach Nurse, St. Peter's Health Partners Cancer Care Centers



# Our Goal

This Panel Discussion and chat will provide a forum to identify, recognize, and celebrate, the role nurses play in tobacco dependence treatment.



# Today's Agenda

- Panel Discussion and Chat
- NYS Smokers' Quitline Services
- Patient Referral Program
- Available Resources
- Closing Remarks
- Bonus Chat



# Let's Get Started

Please use the chat box to ask your questions and interact with your peers.



*Questions will be addressed during the 15-minute bonus time and sent via e-mail to all participants.*



# NYS Smokers' Quitline

- The NYS Smokers' Quitline (NYSSQL) is based at Roswell Park Comprehensive Cancer Center in Buffalo, NY and funded by the NYS DOH Bureau of Tobacco Control
- Celebrating 21 years of providing free cessation services and resources and servicing over 2.5 million tobacco users



# NYSSQL Free Services for Tobacco and ENDS Users

## ***Coaching by trained Tobacco Dependence Treatment Specialists***

- Up to 3 coaching sessions
- Up to 6 coaching sessions for those reporting psychological distress, alcohol and cannabis use, disabilities and pregnancy

## **Nicotine Replacement Therapy**

- Up to a 4- or 6-week supply
- Combination therapy (patch and gum or lozenge) for moderate or heavy users and the nicotine patch, gum or lozenge for light smokers.

**QuitSite:** [www.nysmokefree.com](http://www.nysmokefree.com)

**Digital & printed self-help material**

**Referral/triage additional cessation services**

(e.g., health plan, local or healthcare program)

# Accessing Quitline Services



**Nysmokefree.com**



**1-866-NY-QUITS**

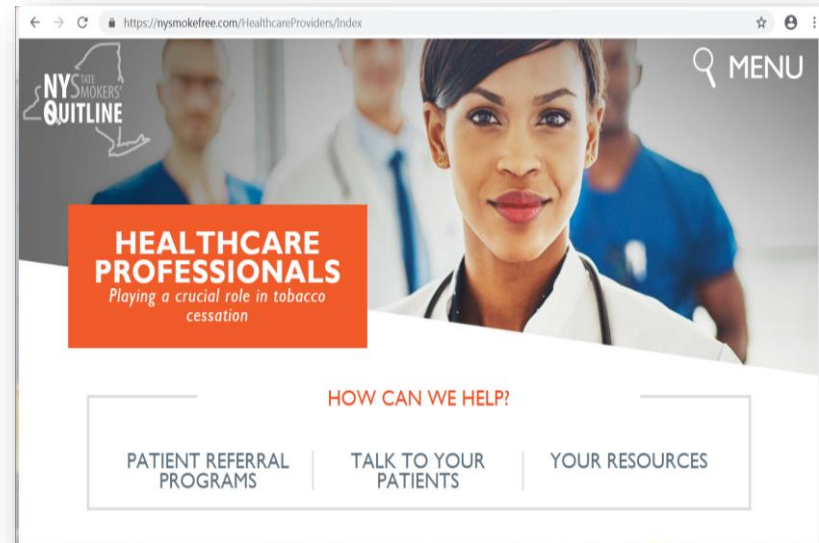


**Referred by HCP**

# Quitline as a Treatment Extender

## Healthcare professional resources and **Patient Referral Program**

Nurses can directly refer tobacco-using patients by utilizing our free, secure, and easy-to-use **Patient Referral Program**.



# Benefits of a Patient Referral Program

- Onsite tobacco dependence treatment interventions are enhanced, as part of a continuum of care.
- Nurses can utilize Quitline feedback to follow up with patients and support ongoing tobacco cessation attempts.
- Healthcare systems can leverage with Quitline services in a more seamless, consistent, and effective way.



Source: U.S. Department of Health and Human Services. Smoking Cessation: A Report of the Surgeon General—Executive Summary. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2020.

# Easy to Use

## Referral Options:

- Send e-referral through the NYSSQL portal
- Upload batch referrals to secure http site
- E-fax or traditional fax

## Technical Assistance:

- Customize referral for healthcare site
- Training available



|  |  |
|--|--|
| New York State Smokers' Quitline   | 1-866-NY-QUIT5 (1-866-697-8487)                                |
| <b>Refer-to-Quit Progress Report</b><br>1-866-QUIT-FAX (1-866-784-8329)  | Patient stamp, label, OR info (name, record number, DOB, date) |
| The Quitline has a secure <b>Online Referral Service</b> , allowing providers to refer tobacco users electronically with a valid provider e-mail address and to also access downloadable progress reports.   |  |
| For more information, or to register for the <b>Online Referral Service</b> , please contact the Quitline at 1-866-NY-QUIT5 (1-866-697-8487).  |  |
| <b>Reaching Referred Clients:</b>  |  |
| <ul style="list-style-type: none"><li>• A minimum of five telephonic attempts are made to reach a tobacco user.</li><li>• When contact is made, the tobacco user is offered free Quitline cessation services.</li><li>• If no contact, a letter is sent encouraging the tobacco user to contact the Quitline for help to quit.</li><li>• The outcome of the intervention or attempt to reach the tobacco user is documented below.</li></ul> |  |
| <b>Call Outcomes</b>   |  |
| <b>Date Progress Report Generated:</b>   |  |
| <b>Status:</b>   |  |
| <ul style="list-style-type: none"><li>◦ Reached/ Completed</li><li>◦ Declined services at this time</li><li>◦ A minimum of 5 attempts were made with no response from client</li><li>◦ Wrong number or client no longer lives there</li><li>◦ Phone disconnected</li></ul>   |  |
| <b>Quit Status</b>   |  |
| <ul style="list-style-type: none"><li>◦ Already quit</li><li>◦ Client wants to quit</li><li>◦ Client has chosen a quit date</li><li>◦ Client has not determined a quit date but plans to quit with in 30 days</li><li>◦ Not ready to quit at this time</li></ul>   |  |
| <b>NRT Eligibility/Status</b>  |  |
| <ul style="list-style-type: none"><li>◦ Eligible- sent a 2 week supply of:</li><li>◦ Ineligible for a 2 week supply of NRT<br/>Reason:<ul style="list-style-type: none"><li>◦ Already received NRT and is using NRT</li><li>◦ Already received NRT and not using NRT yet</li><li>◦ Sent NRT but has discontinued use of NRT<br/>Reason:</li></ul></li></ul>  |  |

# HCP Section on *nysmokefree.com*

The screenshot shows a web browser window displaying the 'Healthcare Provider Resources' page on *nysmokefree.com*. The page is divided into three main sections: PROVIDERS, PATIENTS, and OFFICE.

- PROVIDERS:** Medication dosage, treatment options, programs, and more. Includes a 'Smoking Cessation Medication Prescribing Chart – Instructions, and FAQ' with a 'Download' button.
- PATIENTS:** Materials and local resources to help your patients quit smoking. Includes 'Materials' with a 'Learn more' button and 'Local Programs' with a 'Learn more' button.
- OFFICE:** Tools and resources to help your healthcare organization run more efficiently. Includes 'Health Systems Change' with a 'Show' button and 'Billing Codes' with a 'Show' button.

At the bottom right of the page, there is a logo for the New York State Department of Health.

<https://nysmokefree.com/HealthcareProviders/Resources>

# Tobacco Dependence Treatment Resources

## *American Nursing Association Position Statement on Prevention and Cessation of Tobacco and Other Nicotine Products*

- [Downloadable PDF](#)

## *CDC's Tips from Former Smokers® (Tips®) Campaign*

- [Homepage](#)
- [Tools and Resources for Healthcare Professionals](#)

## *Smoking Cessation: A Report of the Surgeon General (2020)*

- [Homepage](#)
- [Full Report \(PDF\)](#)
- [Infographic \(PDF\)](#)



# Key Takeaways

- ✓ Nurses play a critical role in addressing tobacco dependence treatment with tobacco-users.
- ✓ Brief cessation interventions by healthcare professionals are known to be effective in supporting patients' cessation attempts.
- ✓ The NYSSQL **Patient Referral Program** provides extended cessation support and is easy to use.
- ✓ Extensive resources are available to support nurses' cessation interventions, including the NYS Smokers' Quitline, CDC Tips<sup>®</sup> Health Care Professionals web-based tools, and the Surgeon General's report on smoking cessation.



# Bonus Chat... Stay Tuned!



# Contact Our Outreach Team...

***Paula Celestino, MPH***

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716-845-8239 [anthony.astran@roswellpark.org](mailto:anthony.astran@roswellpark.org)

# Remember...



Let us never consider ourselves finished nurses....we must be learning all of our lives.

~ Florence Nightingale

AZ QUOTES

A wide-angle photograph of the Roswell Park Comprehensive Cancer Center. The main building is a large, multi-story structure with a prominent curved section, finished in reddish-brown brick with horizontal bands of windows. The name "ROSWELL PARK" is visible on the upper part of the building. In the foreground, there is a well-maintained green lawn with several wooden benches and a paved walkway. The sky is blue with scattered white clouds. A teal and green graphic overlay is in the top right corner, and a green banner is at the bottom.

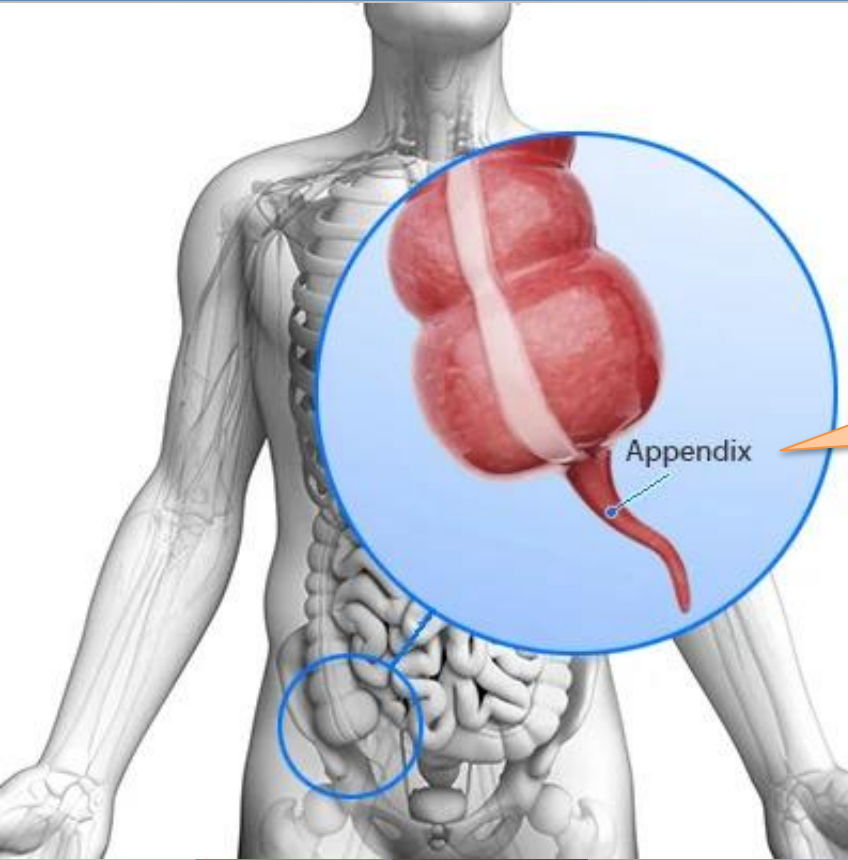
Thank  
you!

ROSWELL PARK COMPREHENSIVE CANCER CENTER

# Bonus Chat



# Resources Appendix



**No, not  
THAT  
appendix!**

# Tips From Former Smokers® Campaign



<https://www.cdc.gov/tips>

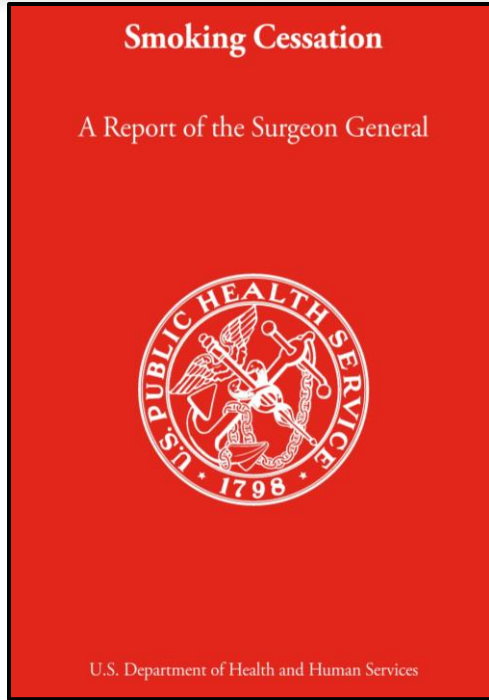


# Tips From Former Smokers® Campaign

The screenshot shows the CDC website interface. At the top left is the CDC logo and the text 'Centers for Disease Control and Prevention CDC 24/7: Saving Lives, Protecting People™'. To the right is a search bar with a magnifying glass icon and a link to 'Advanced Search'. Below the search bar is a dark blue header with the text 'Tips From Former Smokers®'. Underneath is a breadcrumb trail 'Tips From Former Smokers® > Partners' and social media icons for Facebook, Twitter, LinkedIn, and YouTube. The main content area has a left sidebar with a home icon and the text 'Tips From Former Smokers®'. The sidebar contains a list of menu items: 'About the Campaign', 'How to Quit Smoking', 'Real Stories', 'Diseases/Conditions Featured in the Campaign', and 'For Specific Groups', each with a plus sign. The main content area features the title 'Healthcare Providers: Tools and Resources' and a link for 'Español (Spanish)'. The text below the title states: 'Healthcare providers can play a key role in decreasing tobacco use, the leading preventable cause of death and disease in the United States. With smoking cessation tools and resources from the [Tips From Former Smokers® \(Tips®\)](#) campaign and the [Office on Smoking and Health \(OSH\)'s Healthcare Provider page](#), you can ensure your patients have the right resources to begin their quit journeys.' Below this text is a small image of a doctor and a call to action: 'Looking for more information and resources for healthcare providers? **Visit here.**' To the right of the main text is a box titled 'On This Page' containing links to 'Tips Materials for Healthcare Settings', 'Case Study', and 'Partnering Health Associations'.

<https://www.cdc.gov/tobacco/campaign/tips/partners/health/index.html>

# Surgeon General's Report



More than **40%** of adults who smoke **do not receive advice to quit from a healthcare professional.**

Fewer than **one in three** adults who smoke **use cessation counseling or FDA-approved medications** when trying to quit.

Fewer than **one in 10** U.S. adults **successfully quit** smoking each year.

[https://www.cdc.gov/tobacco/data\\_statistics/sgr/2020-smoking-cessation/](https://www.cdc.gov/tobacco/data_statistics/sgr/2020-smoking-cessation/)

# SMOKING CESSATION BY THE NUMBERS

Smoking Cessation:  
A Report of the Surgeon General

About **34 million** U.S. adults currently smoke cigarettes.

▶ Smoking is the leading cause of preventable disease and death in the United States

▶ **480,000** Americans die from smoking each year, accounting for nearly 1 in 5 deaths

▶ **16 million** Americans live with a smoking-related disease

▶ Smoking-related death and disease cost the United States over **\$300 billion** each year

## Quitting smoking:

- Reduces risk of premature death and can add as much as a decade to life expectancy
- Reduces risk for many adverse health effects, including reproductive health outcomes, cardiovascular diseases, chronic obstructive pulmonary disease (COPD), and 12 types of cancer
- Benefits people who have already been diagnosed with coronary heart disease or COPD
- Benefits people at any age, with greater benefits for those who quit earlier in life
- Reduces the financial burden that smoking places on people who smoke, healthcare systems, and society

Smoking cessation improves health, saves lives, and reduces financial burden.

**MOST ADULTS WHO SMOKE WANT TO QUIT; MANY TRY TO QUIT AND EVENTUALLY SUCCEED IN QUITTING.**

▶ **Nearly 70%** of adults who smoke say they want to quit

▶ Each year, **over 50%** of adults who smoke try to quit

▶ **3 in 5** adults who ever smoked have quit

# EVIDENCE-BASED TREATMENTS WORK.

## 3 FORMS OF COUNSELING

individual

group

telephone

## 7 MEDICATIONS APPROVED BY THE FOOD AND DRUG ADMINISTRATION (FDA)

including 5 forms of nicotine replacement therapy (NRT) and 2 non-nicotine medications

▶ Combining counseling and medications can more than double the chances of successfully quitting

▶ Using combinations of NRT, such as long-acting NRT (patch) with short-acting NRT (gum or lozenge), can further increase the likelihood of quitting

▶ Text messaging and web-based cessation interventions can help people successfully quit smoking

# EVIDENCE-BASED TREATMENTS ARE UNDERUSED.

Fewer than **1 in 3 adults** who try to quit smoking use proven cessation treatments.

## Coordinated action is needed at the clinical, system, and population levels to:

- ▶ Increase treatment delivery by integrating cessation interventions into routine healthcare
- ▶ Improve treatment access through comprehensive, barrier-free, and widely promoted insurance coverage of smoking cessation treatments
- ▶ Create environments that encourage people to quit smoking and make quitting easier by:
  - ▶ Raising the price of cigarettes
  - ▶ Implementing hard-hitting mass media campaigns
  - ▶ Implementing smoke-free policies
  - ▶ Requiring pictorial health warnings
  - ▶ Maintaining statewide comprehensive tobacco control programs

# E-CIGARETTES ARE A CHANGING GROUP OF PRODUCTS AND FURTHER RESEARCH IS NEEDED ON THEIR POTENTIAL EFFECTIVENESS FOR SMOKING CESSATION.

- ▶ Research is uncertain on whether e-cigarettes, in general, increase smoking cessation.
- ▶ Some research suggests that using e-cigarettes containing nicotine is associated with greater smoking cessation compared to e-cigarettes that don't contain nicotine, and some research suggests that more frequent use of e-cigarettes is associated with greater smoking cessation than less frequent use.
- ▶ The FDA has not approved e-cigarettes as a quit smoking aid, and more research is needed on whether e-cigarettes are effective for quitting smoking and to better understand the health effects of e-cigarettes.
- ▶ E-cigarettes are not safe for youth, young adults, pregnant women, as well as adults who do not currently use tobacco products.
- ▶ In order for adult smokers to achieve any meaningful health benefits from e-cigarettes, they would need to fully switch to e-cigarettes and stop smoking cigarettes completely.
- ▶ Among those who have switched completely, the ultimate goal should be to also stop using e-cigarettes completely to achieve the maximum health benefit.



# American Nurses Association (ANA)

## *Prevention and Cessation of Tobacco and Other Nicotine Products*

### ANA Board of Directors – March 2020 Position Statement

Therefore, it is the position of ANA that:

- There should be no use of smoke or smokeless tobacco products.
- There should be no exposure to secondhand smoke.
- Nurses are committed to keeping tobacco products out of the hands of youth.
- There are no safe alternatives to smoking cigarettes.
- All pharmacies and drugstore retailers must stop selling all tobacco products.
- The United States Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC) should collaborate in researching, informing the public, and preventing the harmful health effects of all tobacco products, including electronic nicotine delivery systems (ENDS).
- Only FDA-approved standard treatments should be used to help a person stop using smoke and smokeless tobacco products.



# ANA

AMERICAN NURSES ASSOCIATION

<https://www.nursingworld.org/practice-policy/nursing-excellence/official-position-statements/id/prevention-and-cessation-of-tobacco-and-other-nicotine-products/>

# ANA – Practice Recommendations

- Nurses should be **tobacco-free role models** to not only their patients but in their places of work, homes, and communities.
- Nurses should be **educated** about culturally appropriate and evidence-based tobacco use **prevention strategies** and assume leadership roles within systems of care to improve access to quality care that exemplifies appropriate care.
- As part of routine care, nurses should follow established guidelines to **screen and counsel** all patients concerning unsafe tobacco use and secondary exposure, and **refer youth** to appropriate, adolescent-centered follow-up care.
- **Screening and education tools** focused on adolescents and youth should be developed and tested.

# ANA – Practice Recommendations

- Nurses should facilitate the design and transformation of **care delivery models** that address the determinants of health that contribute to tobacco use and support evidence-based cessation programs that are culturally sensitive and appropriate.
- Nurses should act as **patient navigators** in assisting patients, families, and communities in accessing appropriate services.
- Nurses should engage in and advocate for **further research and policies** that address the safety, health effects, and environmental effects of all tobacco products, including for nonusers.