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Memorandum

To: Family Physicians, General Internists, Pediatricians, Obstetricians

From: GUIDES (Guideline Utilization Implementation Development and Evaluation Studies)
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Subject: UMHS Clinical Care Guideline Update: Tobacco Treatment

What’s New!

- Tobacco assessment and documentation of counseling tobacco users is a core Meaningful Use measure for all patients over age 13.
- Electronic cigarettes (E-cigarettes) are reviewed and not recommended for tobacco cessation.
- Studies reconfirm that combination treatment (nicotine or bupropion) and/or modality (patch, gum, inhaler, spray, pill) should be based on patient preference and prior experience.
- Drug costs have been updated in table 4 along with Black Box warnings for bupropion and varenicline.
- Information has been updated and added for special populations: pregnant smokers, hospitalized patients, and pre-operative patients.

Key aspects. Key aspects of care include:

- Clinicians should:
  - Assess all tobacco users for their readiness to quit.
  - Advise all tobacco users to consider making a serious quit attempt.
  - Refer those interested in quitting to a tobacco treatment specialist or tobacco treatment program.
  - Tobacco use status should be routinely asked **at each visit** and **documented** for all patients in the Health Maintenance / Chronic Care Management section of CareWeb [see attached for step-by-step instructions].
  - Document tobacco counseling for all current users in the Patient Education / Counseling section of CareWeb or in MiChart.
- Clinics should have a system to monitor and manage tobacco treatment as part of standard workflow.
  - Tobacco status should be routinely asked and documented for all patients.
  - A tobacco treatment coordinator and procedures should be in place to provide patient education materials, follow-up on quit dates, and referrals to treatment counseling.

Internet Links.

- Patient Education: 
  How to Quit Using Tobacco
  Nicotine Replacement Products
- UMHS Clinical Care Guidelines: 
  [www.med.umich.edu/umhs/health-providers/clinical_care_guidelines.html](http://www.med.umich.edu/umhs/health-providers/clinical_care_guidelines.html)