

PREVENTION SERVICES:

Screening and Brief Intervention for Tobacco Use

	<p>SERVICE DEFINITION: Screening and brief intervention for tobacco use is a service designed to identify tobacco use at an early stage in an effort to prevent further use and its associated negative health consequences. This service begins with an initial screening, and if the individual screens positive, then services continue with a brief intervention and, in some cases, treatment with appropriate prescription drugs. This service is proven to increase tobacco abstinence rates.</p>
<p>Target Population</p>	<p>Adults 18 years of age and older and pregnant women regardless of their age.</p>
<p>Program Requirements</p>	<p>Activities for this service include:</p> <ul style="list-style-type: none"> • Screening for tobacco use includes asking simple questions such as, “Do you smoke?” or “How much do you smoke?” and encouraging continued abstinence. It focuses on identifying early tobacco use for the purpose of intervention and treatment when it’s most likely to be successful. Screening can be added as a vital in the nurses’ routine checks that take place prior to the patient consulting the doctor or other health care provider. • Brief Intervention is defined as a brief counseling session that can range between five and fifteen minutes and should be delivered by the doctor or health care provider after a positive screening. Counseling aims to inform the patient about the possible risks of tobacco use that he or she faces individually, advise the patient to quit and provide the resources necessary for the cessation process. The motivational interviewing approach is used during the brief intervention in an effort to assess an individual’s readiness to quit and help them explore and resolve barriers to quitting. • Treatment with Pharmacotherapy encompasses FDA-approved medications that have been identified as safe and effective for treating tobacco dependence. This includes several forms of nicotine replacement therapy and sustained-release bupropion that alleviate the psychological side effects resulting from tobacco cessation. <p>This service should not include extensive counseling (defined as more than 15 minute brief or intermediate interventions).</p>
<p>Provider Requirements</p>	<p>This service should be delivered in primary care settings, mental health and substance abuse treatment settings, and health centers on college campuses.</p> <p>Pharmacotherapy should be delivered in health care settings where drugs are readily available and the patient can be counseled by the pharmacist or prescribing medical doctor on the regimen for taking the medication.</p>

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Staffing Requirements	<p>Education/qualifications required for providers:</p> <ul style="list-style-type: none"> • Licensed professionals such as physicians, clinical psychologists, clinical social workers, nurse practitioners, clinical nurse specialists and physician assistants • Ancillary staff, including health educators and certified prevention specialists, may also provide these services when under the direct, on-site supervision of a physician. <p>The competencies required to provide this service include:</p> <ul style="list-style-type: none"> • Knowledge of the findings and recommendations of the Public Health Service Clinical Practice Guideline: Treating Tobacco Use and Dependence • Ability to conduct appropriate intake and assessment of tobacco users • Ability to employ the motivational interviewing approach -- a directive, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence • Knowledge of the appropriate use of FDA-approved pharmacotherapy for treating tobacco dependence • Knowledge of local health care systems, including mental health and substance abuse programs, to facilitate the delivery of optimal care for tobacco users <p>Ongoing provider training may include:</p> <ul style="list-style-type: none"> • Basic Skills Training. These training seminars teach attendees how to incorporate tobacco use prevention and cessation messages into their professional practices. Covered topics should include Tobacco Dependence, Medication Therapy, Theory in the Stages of Change, and How to Encourage Change and Conduct Brief Interventions. • Tobacco Treatment Webinars. Courses on techniques practiced, such as Motivational Interviewing or Prochaska's Transtheoretical Model of Health Behavior Change, and other components of screening, brief intervention, pharmacotherapy and referral to treatments should be taken annually as a refresher and to assimilate updates that may have occurred.
Documentation Requirements	<p>Documentation on the patient's chart must show that:</p> <ul style="list-style-type: none"> • Patient was screened • Intervention techniques (if applicable) were evidence-based and effectively implemented • Prescriptions were associated with positive screening results <p>Referral treatments are well-supported by current research findings</p>
Service Exclusion	N/A

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Admission/Service Criteria	N/A
Continuing Service Criteria	An individual should receive this service upon every visit to a clinician, as tobacco cessation often requires repeated intervention. Patients who have already quit can benefit from relapse prevention.
Discharge Criteria	N/A
Service Authorization Period	N/A
Service Authorization Unit	N/A
Benefit Limits	N/A