

Smoking Cessation in Primary Care



Aspirin when appropriate



Blood pressure control



Cholesterol management

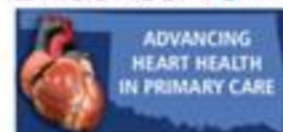


Smoking cessation

Healthy Hearts for Oklahoma (H2O)

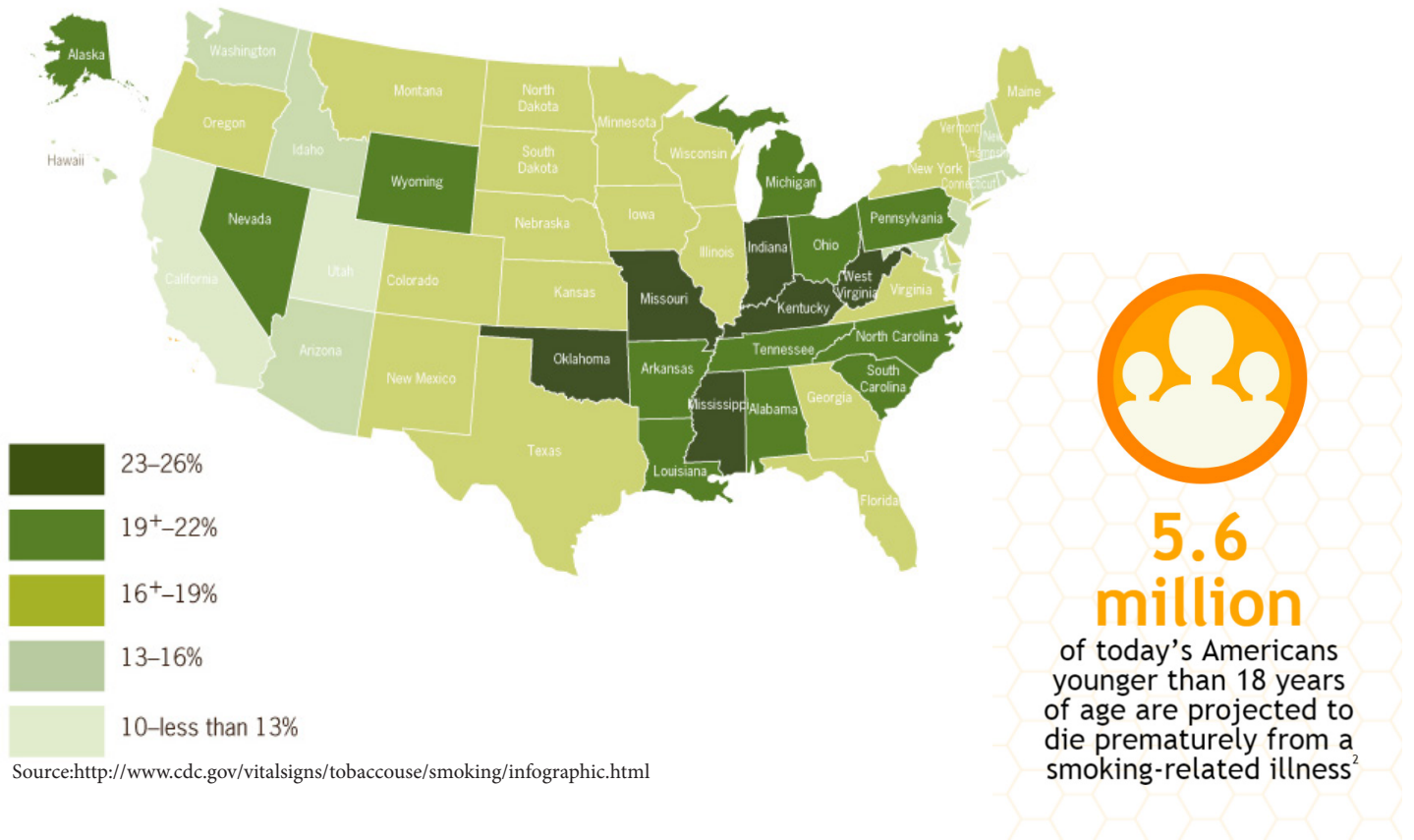
The Oklahoma Cooperative for AHRQ's

EvidenceNOW



The persistent challenge of smoking

- The 2012 smoking percentage of 23.3% is historically low for Oklahoma, but there are still high rates of smoking-related disease¹
- Oklahoma now ranks 39th for adult smoking in the United States
-Improved from previous ranking of 47th¹



The 5 A's:

A framework to attack smoking

Effective smoking cessation relies on identifying smokers and offering help.

ASK at all visits whether someone is smoking and **ADVISE** strongly to quit, offering a treatment plan that fits the patient.

The 5 A's

- ✓ Ask
- ✓ Advise
- Assess
- Assist
- Arrange

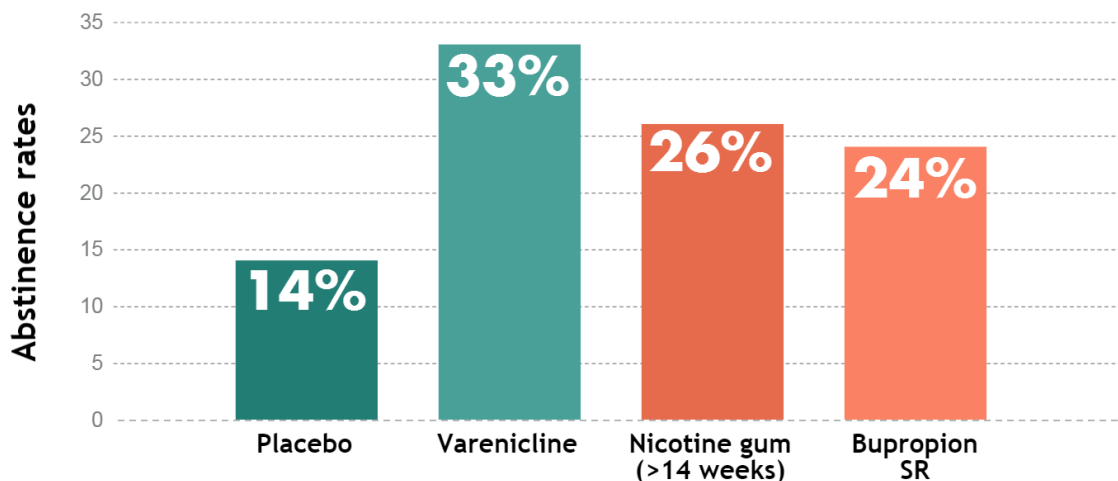
Choose a treatment plan that fits the patient

A comprehensive approach to cessation is more successful than any one mode of therapy. For patients ready to commit to quitting, use both behavioral interventions and pharmacologic therapy.

Good evidence suggests that each of the following pharmacotherapies can effectively support smoking cessation, unless contraindications are present:²⁵

- Nicotine replacement therapy (gum, lozenges, patches, inhalers, and nasal spray)
- Bupropion (a norepinephrine/dopamine reuptake inhibitor and nicotinic acetylcholine receptor antagonist)
- Varenicline (a partial agonist of the alpha-4/beta-2 nicotinic acetylcholine receptor)

Effectiveness of smoking cessation pharmacotherapies⁴¹



Combining nicotine replacement therapy with either bupropion or varenicline can help patients who are still smoking during monotherapy.^{44,46}

Make counseling part of smoking cessation strategies

Focused counseling sessions between provider and patient can increase successful tobacco cessation success by up to 20%.²⁵



E-cigarettes

E-cigarettes are **not associated** with successful quitting in general population-based samples of smokers.¹⁹

Between 2011 and 2013 the number of U.S. middle and high school students who had never smoked regular cigarettes but who began smoking e-cigarettes tripled, from 79,000 in 2011 to 263,000 in 2013.¹⁷



Other resources

The Oklahoma Tobacco Quitline offers a variety of free services to those thinking about quitting or who are ready to quit.



For interactive calculators, up-to-date statistics, and more information on this initiative, visit our website:

<http://ophic.ouhsc.edu/rpr>

References

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