

HELP YOUR PATIENTS CONQUER TOBACCO USE!

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Produced by the Louisiana Department of Health and Hospitals Tobacco Control Program

TOBACCO CESSATION: MEDICATION CHART

MEDICATION	CAUTIONS	SIDE EFFECTS	DOSAGE	USE	AVAILABILITY	AVERAGE COST
Bupropion SR 150	<ul style="list-style-type: none"> Not for use if you: <ul style="list-style-type: none"> Currently use a monoamine oxidase (MAO) inhibitor Use bupropion in any other form (Zyban/Wellbutrin) Have a history of seizures Have a history of eating disorders Caution with dentures Don't drink acidic beverages during use 	<ul style="list-style-type: none"> Insomnia Dry mouth 	<ul style="list-style-type: none"> Days 1-3: 150 mg each morning Days 4-end: 150 mg twice daily 	Start 1-2 weeks before quit date; use 2 to 6 months	Prescription Only: <ul style="list-style-type: none"> Zyban Wellbutrin SR Generic SR 	1 box of 60 tablets, 150 mg: <ul style="list-style-type: none"> * Z: \$185.99 * W: \$167.99 * G: \$100.00
Nicotine Gum (2 mg or 4 mg)	<ul style="list-style-type: none"> Caution with dentures Don't drink acidic beverages during use 	<ul style="list-style-type: none"> Mouth soreness Stomach ache 	<ul style="list-style-type: none"> 1 piece every 1 to 2 hours If ≤ 24 cigs: 2 mg If ≥ 25 cigs/day or chewing tobacco: 4 mg 	Up to 12 weeks or as needed	OTC Only: <ul style="list-style-type: none"> Nicorette Generic 	2 mg box of 50: <ul style="list-style-type: none"> * N: \$29.99 * G: \$22.99 4 mg box of 50: <ul style="list-style-type: none"> * N: \$32.99 1 box of 168 cartridges = \$166.99
Nicotine Inhaler	<ul style="list-style-type: none"> May irritate mouth/throat at first (but improves with use) Don't drink acidic beverages during use 	<ul style="list-style-type: none"> Local irritation of mouth and throat 	<ul style="list-style-type: none"> 6-16 cartridges/day Inhale 80 times/cartridge May save partially-used cartridge for next day 	Up to 6 months; taper at end	Prescription Only: <ul style="list-style-type: none"> Nicotrol inhaler 	1 box of 168 cartridges = \$166.99
Nicotine Lozenge (2 mg or 4 mg)	<ul style="list-style-type: none"> Do not eat or drink 15 minutes before or during use One lozenge at a time Limit 20 in 24 hours 	<ul style="list-style-type: none"> Hiccups Cough Heartburn 	<ul style="list-style-type: none"> 2 mg: If smoking after first 30 minutes you're awake 4 mg: If smoking within first 30 min. you're awake Weeks 1-6: 1 every 1-2 hrs Wks 7-9: 1 every 2-4 hrs Wks 10-12: 1 every 4-8 hrs 	Up to 12 weeks	OTC Only: <ul style="list-style-type: none"> Commit Generic (Miccabate) 	2 mg, 48 tablets: <ul style="list-style-type: none"> * Commit: \$29.99 4 mg, 48 tablets= <ul style="list-style-type: none"> * Commit: \$29.99 * Generic: \$24.99
Nicotine Nasal Spray	<ul style="list-style-type: none"> Not for patients with asthma May irritate nose (improves over time) May cause dependence 	<ul style="list-style-type: none"> Nasal irritation 	<ul style="list-style-type: none"> 1 "dose" = 1 squirt per nostril 1 to 2 doses per hour 8 to 40 doses per day Do NOT inhale 	3-6 months; taper at end	Prescription Only: <ul style="list-style-type: none"> Nicotrol NS 	1 box of 40 ml = \$190.99
Nicotine Patch	<ul style="list-style-type: none"> Do not use if you have severe eczema or psoriasis 	<ul style="list-style-type: none"> Local skin reaction Insomnia 	<ul style="list-style-type: none"> One patch per day If ≥ 10 cigs/day: 21 mg for 4 wks, then 14 mg for 2 wks, 7 mg for 2 wks If <10/day: 14 mg for 4 wks, 7 mg for 4 wks 	6-8 weeks	OTC: <ul style="list-style-type: none"> Nicoderm CQ Nicotrol Generic Prescription: <ul style="list-style-type: none"> Generic (Legend) 	21 mg, box of 7: <ul style="list-style-type: none"> Nicoderm: \$29.99 Generic: \$21.99
Varenicline	<ul style="list-style-type: none"> Use with caution and consider dose reduction in patients: <ul style="list-style-type: none"> With significant renal impairment Undergoing dialysis 	<ul style="list-style-type: none"> Nausea Insomnia Abnormal dreams Headache 	<ul style="list-style-type: none"> Days 1-3: 0.5 mg every morning Days 4-7: 0.5 mg twice daily Day 8-end: 1 mg twice daily 	Start 1 week before quit date; use 3-6 months	Prescription only: <ul style="list-style-type: none"> Chantix 	Cost varies. Approximately \$120 per month (\$3.87 per day)

LOUISIANA TOBACCO QUITLINE

CLINICAL GUIDE

DEFINITION

The Louisiana Tobacco Quitline, 1-800-QUIT-NOW, is a 24 hour a day, confidential, toll-free tobacco cessation helpline that links people who want to quit using tobacco with trained tobacco cessation specialist who create an individualized plan to quit. This free service is available in English, Spanish, and 150 other languages to people calling from anywhere in Louisiana. TYY and TDD accommodations for hearing impaired and deaf individuals are also available at 1-800-228-4327.

SERVICES

Tobacco users who call the Louisiana Quitline can receive:

- Five free, proactive counseling sessions with a tobacco cessation specialist.
Proactive counseling sessions are when the tobacco cessation specialist calls the tobacco user at set appointment times to counsel them through the quitting process and potential relapse phase.
- Free self-help guides and tools.
These materials help tobacco users cope with withdrawal and craving symptoms between the phone sessions. This will increase callers' chances of permanent cessation from tobacco use.
- Support materials and information on programs in their area.
If callers prefer a face-to-face group setting, they can receive local information on the American Lung Association's "Freedom From Smoking Clinics" and Louisiana State University Health Care Services Division's Tobacco Control Initiative support model.
- Materials for special populations.
Special populations include adolescents ages 13-17, pregnant women, visually impaired (large print materials), and smokeless tobacco users.

FIRST CALL

When your patient makes their initial call to the Louisiana Tobacco Quitline, s/he will reach an intake counselor. The intake process takes approximately 15 minutes and your patient should expect to provide contact and demographic information. The intake counselor will determine the willingness of your patient to quit tobacco use and offer them the option of telephone counseling. Your patient will select a date and time with the Quitline for their first counseling session. Each counseling session is approximately 10-12 minutes in length.

NO CHARGE

Quitline Services are FREE of charge to all callers in Louisiana. The Louisiana Campaign for Tobacco-Free Living (TFL) administers the Louisiana Tobacco Quitline with a contract through the American Cancer Society.

BENEFITS TO CALLERS

- Free and time efficient
- Improved patient health outcomes
- Support and advice from an experienced Tobacco Cessation Specialist
- A personalized quit plan and self-help materials

HOURS OF OPERATION

Intake services are available 24 hours a day, 365 days a year. Counseling is available:

Monday – Thursday	6:00 a.m. – 11:00 p.m.
Friday	6:00 a.m. – 8:00 p.m.
Saturday – Sunday	8:00 a.m. – 6:00 p.m.

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FAX TO QUIT FLOWCHART



Take patient's vital signs and ask about tobacco use. Patient smokes or chews tobacco.

YES

Advise to quit.

YES

Patient interested in quitting in 30 days?

NO

Give Quitline card, brochure or website address.

YES

Intervene, offer treatment/meds, explain FQL.

YES

Is patient interested in phone counseling?

NO

Offer other options if available.

YES

Complete consent form & Fax to Quitline.

YES

Receive confirmation of contact from the Quitline. The Quitline will make 3 attempts to reach the patient over the next week and will fax results to the clinician in approximately 6 weeks.



MEDICARE COVERS MEDICATION & COUNSELING FOR TOBACCO CESSATION

Reimbursement

- Health Care Providers should indicate ICD-9 diagnostic code 305.1 Tobacco Use Disorder.
- The billing code for counseling treatment is: G0376 – over 10 minute counseling session
G0375 – 5 - 10 minute counseling session
- A cessation counseling attempt includes:
 - Up to 4 cessation counseling sessions (1 attempt = up to 4 sessions)
 - Two cessation counseling attempts (or up to 8 cessation counseling sessions) are allowed every 12 months.
- Cessation counseling session refers to face-to-face patient contact of either:
 - intermediate (greater than 3 minutes up to 10 minutes); or
 - intensive (greater than 10 minutes).

Cessation counseling sessions may be performed “incident to” the services of a qualified practitioner. During a 12 - month period, the practitioner and the beneficiary have flexibility to choose between intermediate or intensive counseling strategies for each session.

*Covered Medications**

Every drug plan is required by Medicare to cover at least one of the following FDA-approved medications:

- Bupropion SR (marketed as Zyban and Wellbutrin and also available generically)
- Nicotine inhaler (Nicotrol)
- Nicotine nasal spray (Nicotrol)
- Nicotine patch (if prescription)
- Varenicline (Chantix)

*Please verify with Medicare Prescription Drug Plan or Medicare Advantage Prescription Drug Plan Formulary.

Fax to Quit Louisiana – Fax to 877-747-9528

Fax to Quit Louisiana uses the Louisiana Tobacco Quitline to help clinicians provide the counseling component recommended in the guideline easily and seamlessly. Clinicians can refer patients to the Louisiana Tobacco Quitline, by faxing the Fax to Quit Louisiana form.

Remember to:

- **Ask.** Identify tobacco users at every visit.
- **Advise.** Talk with the patients about tobacco use and urge them to quit.
- **Assess.** Determine if the patient is willing to make a quit attempt at this time.
- **Assist.** Prescribe a medication unless contraindications exist.
- **Arrange.** Arrange follow-up, including Fax To Quit Louisiana.

MEDICAID COVERS MEDICATION FOR TOBACCO CESSATION

Know the Codes

Physicians and other Certified Medicaid Providers

- Use appropriate ICD-9 diagnostic code.
- Select the appropriate billing code for services rendered.

Covered Medications

Medicaid covers the following FDA-approved prescription medications, for a 30 day supply only:

- Bupropion SR (marketed as Zyban)
- Nicotine inhaler (Nicotrol)
- Nicotine nasal spray (Nicotrol)
- Nicotine patch
- Varenicline (Chantix)
- Combination therapy: Nicotine replacement therapy and Zyban; or nicotine patch and other nicotine-replacement therapy.

Note:

Repeated courses of treatment are allowable, as long as they are consistent with FDA-approved use of smoking cessation prescription medications.

Health Care Providers must certify in their own handwriting on the prescription or attachment, "recipient is enrolled in a physician-supervised behavioral program for nicotine adhesive patches, gum and nasal spray."

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