

# Implementation of a Tobacco Dependence Program

**Melissa Kramps, DNP, GNP-BC, NP-C Jennifer Hartzband, MS, AGNP**

## Supporting Statistics

- Lung cancer is the leading cause of cancer death in the United States
- 80-90% lung cancers are linked to cigarette smoke
- 1.2 million persons in New York City are smokers
- 49% of Lenox Hill Lung Cancer Screening Program patients are current smokers

## Background

- Northwell system offers limited smoking cessation resources in New York City
- The support group offered in NYC meets at an inconvenient time and requires a psychiatric diagnosis
- Some patients have expressed preference for individual counseling over group support
- Northwell's Center for Tobacco Control (CTC) on Long Island offers a robust program of both group and individual counseling
- CTC does not use electronic medical record so there is no formal note template

## Objectives

- Enhance the health of NYC adults by providing smoking cessation resources
- Develop a short patient questionnaire
- Design a formal tobacco dependence counseling note template for the electronic medical record

## Strategy

- 3 Nurse Practitioners earned national certification as Tobacco Treatment Specialists
- Pulmonary department managers, administrators and clinicians worked to determine billing strategy, identify existing space and reserve time slots for individual counseling sessions
- Using principles of motivational interviewing a 1 page intake questionnaire was designed
- Reached out to IT department to open a dialogue about the shared need for a Tobacco Dependence note template



## Implementation

- Collaborated with CTC to provide face-to-face individual counseling and telephonic follow up support
- The patient intake questionnaire is utilized to interview individual patients on Wednesday mornings
- Evaluation and management billing for initial visit is being employed
- A "5 As" approach to documentation is being followed until a formal note template can be designed

## Future Goals

- Offer evening support group
- Carbon monoxide monitoring
- Provide patients with nicotine replacement products
- Offer additional time slots including early morning and evening appointments for individual counseling
- Finalize the note template and move it into production