

Name of Protocol: Tobacco Cessation Counseling

Billing Code: D1320

Counseling Provided By: DDS, DMD, Oral Hygienist

Frequency of Use: Twice annually

Conditions of Use: Tobacco Cessation Counseling is an independent activity not to be billed as part of any other educational counseling.

Documented Components of Protocol:

1. Assessment of client tobacco use to include type, duration, and frequency.
2. Education about the risks of tobacco use and benefits of a tobacco-free lifestyle (may include distribution of educational materials related to tobacco use and cessation).
3. Assessment of client readiness to stop.
4. Provision of options to assist stopping to include local tobacco cessation programs, group and individual counseling programs, possible pharmacotherapy options, and telephone hotlines.
5. Initiate a referral to appropriate program or document reason why referral not made.
6. Arrange for follow up to referral (can be done by non-medical personnel).

Suggested Resources:

- Nutritional, Tobacco & Dental Health Guide (revised August 2009)
- 1-877-U-CAN-NOW (Florida Quitline) also <http://www.flquitline.com/> (accessed August 11, 2009)
- Tobacco Cessation Intervention Techniques for the Dental Office Team <http://www1.umn.edu/period/tobacco/> (accessed August 11, 2009)

ADA code D1320: Tobacco counseling for the control and prevention of oral disease.

To begin this process, the health history should contain questions about current tobacco use, type, frequency, when they quit if they no longer use tobacco, and interest in quitting.

Tobacco Cessation Protocols for an office team approach usually involve the 5 A's:

1. **ASK** every patient whether he/she uses tobacco
2. **ADVISE** users about the risks of tobacco use and benefits of a tobacco-free lifestyle
Discuss effects on the oral cavity and general health
3. **ASSESS** their willingness to make a quit attempt (stage of change)
4. **ASSIST** them in quitting, (provide materials, websites, phone numbers, and program referrals)
5. **ARRANGE** for follow-up

Assists include self-help pamphlets and materials such as those listed below.

A list of local community group/individual quit programs and phone helplines are valuable as well.

Tobacco Cessation Pamphlets

Smoking Cessation:

Clearing the Air

NCI: 1-800-4-CANCER #133 (shipping charge)

Why do you smoke?

NCI: 1-800-4-CANCER #P145 (shipping charge)

Smart Move! A stop smoking guide

ACS: 1-800-227-2345 #2515 (free)

Thinking about quitting smoking?

ADA: 1-800-947-4746 #W126 (\$39/100)

Tobacco & Periodontal Diseases: Targeting Tobacco Use

AAP: 1-312-573-3253 (\$50/100)

Want 3 good reasons to quit smoking?

ACS: 1-800-227-2345 #2719 (free)

Why start life under a cloud?

ACS: 1-800-227-2345 #2717 (free)

The smoke around you

ACS: 1-800-227-2345 #2060 (free)

When smokers quit

ACS: 1-800-227-2345 #5602 (free)

Cigar smoking

ACS: 1-800-227-2345 #2603 (free)

Smokeless Tobacco:

Quitting spitting

ACS: 1-800-227-2345 #2090 (free)

Smokeless tobacco..Think before you chew