



Quitting Tobacco with Help

“Thanks to *PartnerSHIP 4 Health* Family HealthCare has two Certified Tobacco Treatment Specialists. This allows the clinic to focus and expand upon tobacco prevention-related initiatives.”

Brody Mack, PharmD
Family HealthCare

Strategies: Healthcare, Tobacco



Do you know someone who has tried to quit using tobacco? If their quit attempt did not include medications and/or counseling, they most likely did not succeed. The quit rate for quitting solo is a dismal 4% to 7%.

However, if those trying to quit use prescribed medications and receive some type of cessation counseling, they are much more likely to succeed. In fact, the quit rate rises to more than 25%.

Family HealthCare (FHC), a federally qualified healthcare center (FQHC) has collaborated with *PartnerSHIP 4 Health* since 2010. FHC made many changes to increase healthy nutrition and physical activity among staff and patients. In recent months, FHC has made changes to increase access to tobacco cessation services.

In the past, the FHC tobacco treatment program consisted of a referral to the clinical pharmacist who had not received any formal tobacco treatment training beyond graduate and post-graduate residency training. An overwhelming increase in tobacco cessation referrals, as well as increasing patient attendance at tobacco cessation visits (due in part to a program providing free nicotine replacement therapy [NRT] products) created a dire need for training and expansion of services.

In 2013, *PartnerSHIP 4 Health* offered scholarships for the 5-day Certified Tobacco Treatment Specialist (CTTS) training through Mayo Clinic in Rochester, MN. In September of 2013, FHC clinical pharmacist, Brody Maack, and clinical dietitian, Pamela Leino-Mills, received certification.

The FHC tobacco cessation program has evolved and expanded to become a focused tobacco cessation referral generated thru provider-directed electronic referral and patient-self referral. The program provides tobacco treatment visits to an average of 20 patients per week.

Forty percent of patients seen in the FHC tobacco treatment program remain tobacco-free at the aggregated 2- week, 3 months, 6 months, and one-year follow-up visits. Maack contributes the success of the FHC tobacco cessation program to strong provider buy-in and participation.

Due to the high prevalence of tobacco use among mental health consumers, *PartnerSHIP 4 Health* offered a 2-day workshop for mental health professionals and partners. Leino-Mills attended to better address tobacco use/exposure among FHC mental health consumers.

Leino-Mills states, “People who are, or have been, in recovery tell me that when we start talking about relapse prevention, a light bulb goes off. Most realize that during recovery, they have acquired the tools they need to stop smoking. Most are on the road to feeling healthy and motivated to start ‘living’ again-without drugs, including tobacco!”

One FHC patient credits the FHC Tobacco Cessation Program for saving his life: “I had a heart attack, and my cardiologist told me if I don’t quit smoking I’ll probably die. I knew I would never be able to quit smoking without help. After meeting and following up with the tobacco cessation providers at FHC, I was able to quit smoking. They saved my life!”

According to Maack, “Thanks to *PartnerSHIP 4 Health* FHC has two Certified Tobacco Treatment Specialists, allowing us to expand upon tobacco prevention-related initiatives. The CTTS-trained providers ensure that patients participating in the program receive the highest quality of care.”

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