



**LOS ANGELES COUNTY DEPARTMENT OF HEALTH SERVICES  
HARBOR-UCLA MEDICAL CENTER**

**SUBJECT: SMOKING/TOBACCO SCREENING AND TREATMENT**

**POLICY NO. 458B**

<b>CATEGORY:</b> Provision of Care	<b>EFFECTIVE DATE:</b> 2/10
<b>POLICY CONTACT:</b> Cynthia Garcia, RN/Susan Hsieh, MD	<b>UPDATE/REVISION DATE:</b> 3/22
<b>REVIEWED BY COMMITTEE(S):</b>	

**PURPOSE:**

To identify patients who are smoking/tobacco users and to assist patients' smoking cessation efforts through evidence-based smoking cessation treatment.

**POLICY:**

1. All patients receiving inpatient and outpatient care shall be screened for smoking/tobacco use.
2. All patients identified as a smoker shall receive:
  - Advisement to stop smoking
  - Referral to the Harbor-UCLA smoking cessation program
3. Smoking status of the patient shall be documented in the electronic health record (EHR).

In this policy, the term "**smoking**" refers to the act of smoking, burning, or chewing any form of tobacco or smoking materials including, but not limited to, cigarettes including electronic cigarettes, cigars, pipes, chewing tobacco, and other nicotine delivery devices not intended for smoking cessation efforts.

**PROCEDURE:**

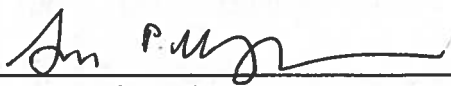
**I. SMOKING/TOBACCO SCREENING -- IMPLEMENTATION OF ASK-ADVISE-REFER:**

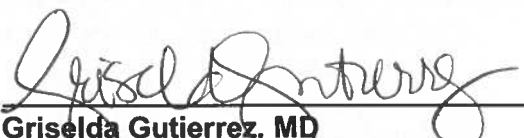
1. Screening is conducted at each patient visit (repeated assessment is not necessary in the case of the adult who has never used tobacco). For hospital admission, the nursing staff and medical providers ask the patient if s/he smokes. For inpatient stays, this screening is done by the nurse who does the Admission Assessment. For outpatient visits, this process is done by the nursing staff who take the initial intake/vital signs on that patient (ASK).
2. If a patient is identified as a smoker, s/he will be:
  - Advised to quit smoking by the intake nursing staff and reinforced by medical providers with brief personalized teachable moments against smoking (ADVISE).

**REVISED: 12/14, 12/17, 3/22**

**REVIEWED: 4/08, 1/10, 5/11, 12/14, 12/17, 3/22**

**APPROVED BY:**

  
 Anish Mahajan, MD  
 Chief Executive Officer  
 Chief Medical Officer

  
 Griselda Gutierrez, MD  
 Associate Chief Medical Officer

  
 Jason Black, MBA, DNP, RN  
 Chief Nursing Officer



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- Referred to Harbor-UCLA's smoking cessation program via EHR to Tobacco Treatment Specialist Nurse Educator. Provide a Harbor-UCLA Smoking Cessation Brochure, which lists resources available to patients at Harbor-UCLA, including the schedule of the smoking cessation classes and the Harbor-UCLA smoking cessation program contact information: (424)306-8213. (REFER).
- Nursing staff and medical providers will encourage patients to use other available resources like 1-800-NOBUTTS or 1-800-45-NO-FUME (1-800-662-8887) and their website [www.nobutts.org](http://www.nobutts.org). Patients may also consent for the provider to submit an E-consult to the smoker's helpline (REFER).
- If the patient is admitted, admitting nurse shall contact to Tobacco Treatment Specialist Nurse Educator via ORCHID in communicate tab (REFER).
- The following documentation must be included in the patient's electronic chart:
  - a. Number of cigarettes/day, menthol or non-menthol, and for how long.
  - b. That smoking cessation services were offered.
  - c. If the patient refused, smoking cessation information or treatment.

In congruence with L.A. Care Health Plan or HealthNet guidelines, pediatric patients will be assessed for smoking/smoking exposure as follows:

- Age 0 to 8: Parents will be asked if the child is exposed to secondhand smoke (spend time in a home with anyone who smokes). If the answer is positive, the parents will be advised against smoking and provided with a Harbor-UCLA Smoking Cessation brochure and referred to Harbor-UCLA's Smoking Cessation program.
- Age 9 to 11: Parents will be asked the same question as for age 0-8 and will also be asked if their child has ever smoked cigarettes. If the answer is positive, the parents/child will be advised against smoking and provided with a Harbor-UCLA Smoking Cessation brochure and referred to Harbor-UCLA's Smoking Cessation program.
- Age 12 to 17: The child will be asked if s/he ever spends time in a home with anyone who smokes and if s/he has ever smoked cigarettes. If the answer is positive, the child will be advised against smoking and provided with a Harbor-UCLA Smoking Cessation brochure.

## **II. SMOKING/TOBACCO TREATMENT**

Harbor-UCLA Smoking Cessation treatment includes:

- Evidence-based one-to-one counseling, smoking cessation classes, group support, and phone counseling.
- Nicotine replacement therapy and/or other adjunct pharmaceutical therapy (i.e. Varenicline, Bupropion) based on LA County DHS *Expected Practice: Treatment of Smoking and Tobacco Related Product Use* and/or other adjunct therapy.
- Patient must express commitment to quit smoking and participate in Smoking Cessation Program for pharmaceutical therapy.

Smoking Cessation Program is available to patient as long as needed.



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**III. DOCUMENTATION**

The smoking/tobacco screening, referral, and or treatment will be documented in the EHR for each clinic visit or hospitalization by the intake nursing staff and medical providers.