



### Nicotine/Tobacco Use and/or Dependence

<b>DEFINITION</b>	Those using nicotine in any form. Dependence is a chronic condition that often requires repeated intervention.
<b>SUBJECTIVE</b>	Should include: <ol style="list-style-type: none"> <li>1. Screen all clients for current/past nicotine use and form of nicotine used.</li> <li>2. Assess amount used, formulation of use and length of use.</li> <li>3. Assess for prior attempts at quitting.</li> <li>4. Assess willingness to quit or decrease use.</li> <li>5. Assess for nicotine use related health problems.</li> <li>6. Assess nicotine use in client's environment. (i.e., family and employment setting)</li> </ol>
<b>OBJECTIVE</b>	May include age appropriate physical exam in past year.
<b>LABORATORY</b>	N/A
<b>ASSESSMENT</b>	Nicotine use and/or dependence.
<b>PLAN/CLIENT EDUCATION</b>	<ol style="list-style-type: none"> <li>1. Assess, Assist, Refer</li> <li>2. Pharmacologic agents. See attached table FDA approved Medications for Smoking Cessation (AAFP)</li> <li>3. Provide client with Consumer Guide "You Can Quit Smoking," by the US Department of Health and Human Services Quit Smoking   Smoking &amp; Tobacco Use   CDC or other literature, as available.</li> <li>4. Advise client to use counseling with any therapies, i.e., the North Dakota Quitline, NDQuits - Home</li> <li>5. Additional resources include: <ol style="list-style-type: none"> <li>a. American Cancer Society (1-800-ACS-2345) or American Cancer Society   Information and Resources about for Cancer: Breast, Colon, Lung, Prostate, Skin</li> <li>b. American Heart Association (1-800-AHA-USA1) or American Heart Association   To be a relentless force for a world of longer, healthier lives</li> <li>c. National Cancer Institute (1-800-4-Cancer) or Comprehensive Cancer Information - National Cancer Institute</li> <li>d. North Dakota Quitline (1-800-784-8669)(support through telephone, online, and/or mobile device) NDQuits - Home</li> </ol> </li> </ol>
<b>CONSULT/ REFER TO PHYSICIAN</b>	<ol style="list-style-type: none"> <li>1. As appropriate for those needing pharmacologic intervention if services are not available at the clinic.</li> <li>2. To tobacco dependence center, if applicable</li> </ol>

#### References:

1. Chest Foundation. Smoking and Tobacco Use. (2017, updated 2020).Smoking and Tobacco Use - Lung Health A-Z - CHEST Foundation (chestnet.org)
2. Medications for Smoking Cessation: Guidelines from the American Thoracic Society - Practice Guidelines - American Family Physician (aafp.org) 3/2021
3. Smoking & Tobacco Use | CDC