



UNIVERSITY *of* MARYLAND  
SCHOOL OF MEDICINE

# Informatics in Tobacco Treatment

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# Disclosures

- No disclosures

# Funding Statement

- The Maryland Tobacco Control Resource Center is supported by Maryland Department of Health (MDH) Interagency Agreement PHPA-1991/OCMP#24-22180-G-OP1, awarded to the University of Maryland Baltimore by the MDH Center for Tobacco Prevention and Control. Paid for (in part) by Maryland Cigarette Restitution Funds.
- This project was supported by grant PHPA – 1507 / BPM024177 from the Center for Tobacco Prevention and Control, Maryland Department of Health.

# Informatics in Tobacco Treatment

- **Primary Care Tools for tobacco screening and intervention**

- **Screening for & documenting Tobacco Use**

- ✓ Making tobacco use part of Rooming/Vital Signs
    - ✓ Detailed tobacco use section
    - ✓ Best Practice Advisory

- **Tools for Counseling, Referrals and Treatment**

- ✓ SmartSets
    - ✓ Smartphrases

- **Tools for a Tobacco Treatment Clinic**

- ✓ Preparing for treatment
    - ✓ Flowsheets
    - ✓ Reporting Suites



# Epic Tools at UMMS

Express Lane SnapShot Request Outside Records CRISP Chart Review Rooming Notes

5/24/2022 visit with Finn Adamite, MD, MPH for ACUTE VISIT 15 - Sore Throat ExpressL

Annotated Images Questionnaires Benefits Inquiry References SmartSets Scans Open Orders Care Team

Visit Info Vital Signs Allergies Med Doc BestPractice Get To Know Me Problem List History Hearing

### Vital Signs

5/24/22 4:16 PM + New

Taken on: 5/24/2022 04:16 PM

Orthostatics

BP:  Site:  Height:  Pain score:   
Position:  Resp:  Location:   
Cuff size:  SpO2:  Educated?:

Pulse:  PF:

Temp:  Source:

**Tobacco Use**

Current Every Day Smoker  
Cigarettes (16 pack-years)

Smokeless: Never Used

Ready to quit?    
Counseling given?

Mark as Reviewed Last Reviewed by Montana Nan, RN on 5/24/2022 at 10:46 AM

**Edit Tobacco Use**

# 1. Document tobacco history

**History**

GENERAL  
Medical  
Surgical  
Family

SOCIAL DETERMINANTS  
Social Drivers  
**Substance Use** Substance Use

E-cigarette/Vaping  
Sexual Activity  
Socioeconomic  
Social Documentation

SPECIALTY  
Birth

**Substance Use**

**Tobacco**

**Smoking**

Never **Former** Every Day Some Days Unknown

Passive exposure: Never Past Current 

Types:  Cigarettes  Pipe  Cigars  Vaping

Total pack years: 5

**Cigarettes**

First smoked: 04/22/2003 Quit date: 04/22/2013

**② Cigarettes History** Hide

- Enter either a date range or a number of years.
- You can enter inexact dates, like 2019 or 5/2020.
- Enter 0 packs/day for times the patient wasn't smoking.
- There can be no gaps in time after the patient first smoked.

Update current usage:  **0.5** 1 2 ?

Packs / Day	From	To	Years	
 Quit	04/22/2013	(35 y.o.)	Current	(46 y.o.) $\approx$ 11.8 
0.5	04/22/2003	(25 y.o.)	04/22/2013	(35 y.o.) 10 
				

**Smokeless**

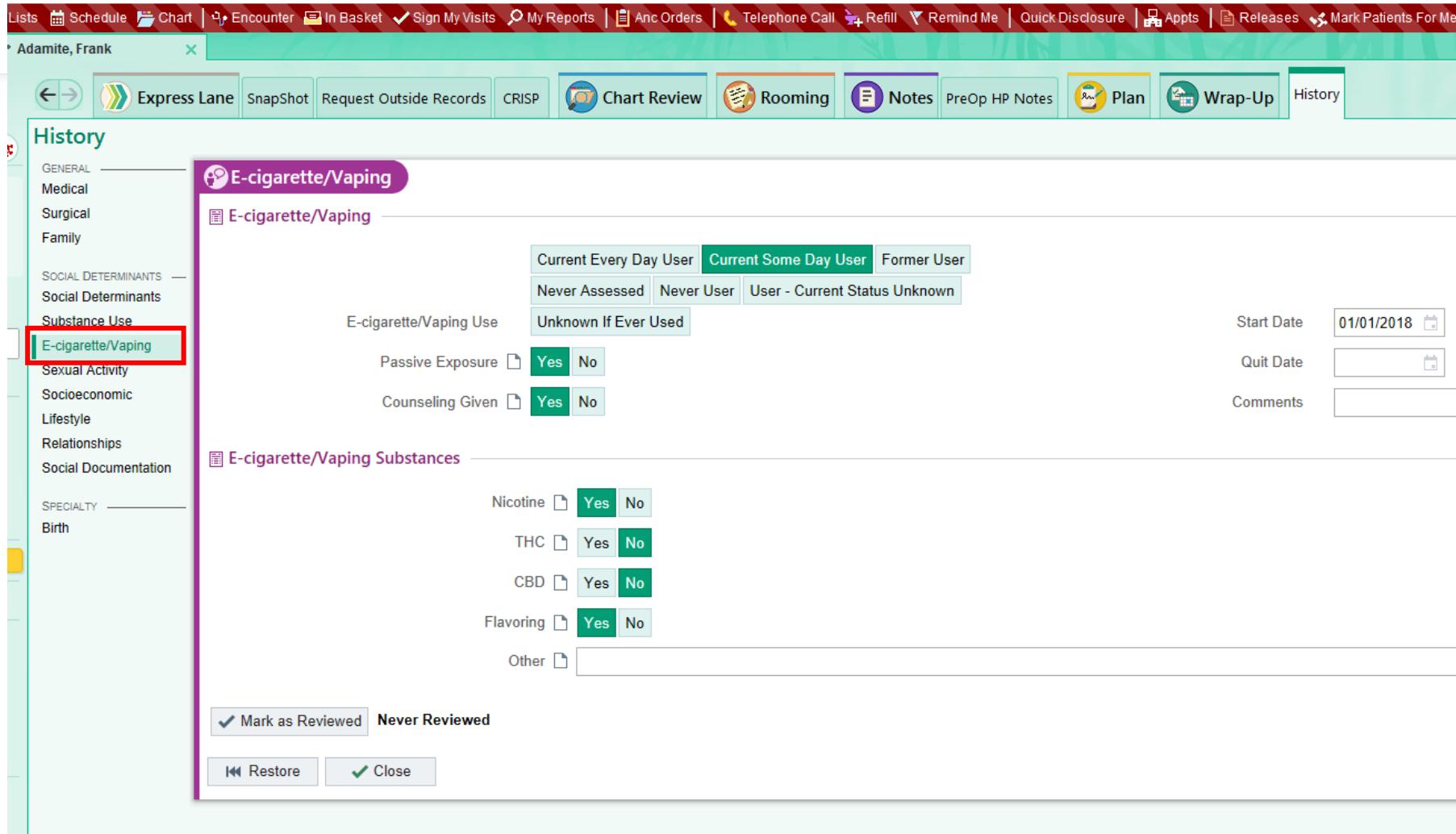
Never Former Current **Unknown**

**Cessation**

Counseling given: Yes No



# 2. Document vaping history



Lists Schedule Chart | Encounter In Basket Sign My Visits My Reports | Anc Orders | Telephone Call Refill Remind Me | Quick Disclosure | Appts | Releases | Mark Patients For Me

Adamite, Frank

Express Lane SnapShot Request Outside Records CRISP Chart Review Rooming Notes PreOp HP Notes Plan Wrap-Up History

**History**

GENERAL  
Medical  
Surgical  
Family

SOCIAL DETERMINANTS  
Social Determinants  
Substance Use E-cigarette/Vaping  
Sexual Activity  
Socioeconomic  
Lifestyle  
Relationships  
Social Documentation

SPECIALTY  
Birth

**E-cigarette/Vaping**

**E-cigarette/Vaping**

Current Every Day User  Current Some Day User  Former User  
Never Assessed  Never User  User - Current Status Unknown

E-cigarette/Vaping Use  Unknown If Ever Used

Start Date

Passive Exposure  Yes  No

Quit Date

Counseling Given  Yes  No

Comments

**E-cigarette/Vaping Substances**

Nicotine  Yes  No

THC  Yes  No

CBD  Yes  No

Flavoring  Yes  No

Other

Mark as Reviewed  Never Reviewed

Restore Close



Breeze Smoke



Elf Bar



Esco Bar

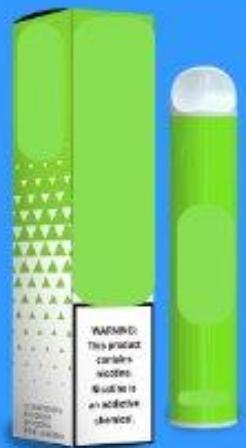


HQD



JUUL

Loon Maxx



Lost Vape Orion



Mr Fog



NJOY



Vuse



# Best Practice Advisory

▼ BestPractice Advisories

Warning (1)

❖ Maryland Quitline

 Maryland's 1-800  QUIT NOW [SmokingStopsHere.com](http://SmokingStopsHere.com)

**Maryland's 1-800 QUIT NOW**

Your patient is eligible for counseling sessions provided by the Maryland Quitline. If your patient enrolls, they may be eligible to receive **free Nicotine replacement therapy (NRT)**. Please use the attached SmartSet to create a referral, or click a reason why this is not appropriate at this time.

[Open SmartSet](#) [Do Not Open](#) [Smoking Cessation](#) [Preview](#)

Click to provide feedback for this alert 

Acknowledge Reason

Patient Refuses  Defer Decision 6mo  Accept (1)

▼ OurPractice Advisories

Warning (1)

❖ Smoking Cessation Medications and Referral Orders

Patient reports that she has been smoking. She has never used smokeless tobacco.



# SmartSets - A One Stop Shop

## Smoking Cessation ☰

### ▼ Tobacco Cessation

#### ▶ Orders

#### ▶ Diagnosis

#### ▼ LOS

PR OFFICE/OUTPT VISIT, LEVL III [99213]

PR TOBACCO USE CESSATION INTERMEDIATE 3-10 MINUTES [99406]

PR TOBACCO USE CESSATION INTENSIVE >10 MINUTES [99407]

### ▼ Referral

AMB Referral to Maryland Quitline

External Referral, Routine

### ▼ Patient Instructions

Patient Instructions

### ▼ Ad hoc Orders

 Search for additional SmartSet orders

 Manage User Versions

Click for more

Click for more

## UMMS AMB Smoking Cessation Orders ☰

### ▼ Diagnosis

Dx Auto-Associations when orders signed:

**F17.200 – Tobacco use disorder (Medications and Referral)**

**Z71.6 – Tobacco abuse counseling (charges)**

### ▼ Referrals

#### ▼ Referrals

AMB Referral to Smoking Cessation

AMB Referral to Maryland Quitline   
External Referral, Routine

AMB Referral to PharmD

### ▼ Charges

#### ▼ Charges

PR TOBACCO USE CESSATION INTERMEDIATE 3-10 MINUTES 



Clinic Performed, Routine, Tobacco use disorder: The risks of smoking were discussed with the patient and the patient was strongly encouraged to quit smoking at this time. Total Time: \*\*\* min

# Patient Instructions

Your Physician has referred you to the Maryland Quitline to support you quitting tobacco



## How effective are Quitlines?

In general, only about 7% of smokers remain abstinent (smoke-free) one year after quitting smoking on their own. The one-year abstinence rate associated with the use of Quitlines dramatically increases to around 30%. In a study of New York and California Quitlines, evidence suggested that 50% of quitline callers would have not quit without the quitline.

## What will Maryland Quitline callers experience?

Four sessions are provided to a typical smoker, consisting of the following:

**First call:** During this call, a certified Quit Coach®, often a previous smoker, will assess tobacco use history, previous quit attempts, and help develop a plan that will work for each individual. During this call the quit coach will help the smoker determine if they can benefit from medication such Nicotine Replacement Therapy.

**Second call:** Quit Coach® calls the individual to provide support on the quit date and provides tips to be successful during his/her first day of abstinence. This follow up call usually lasts 10-15 min.

**Third call:** Takes place about a week after the quit date and it usually consists of tips and support and to help the individual stay on track.

**Fourth call:** Takes place 2 to 4 weeks after quit date, typically the last call consists of an encouragement call to help the individual stay quit and set up a long term plan and stay

## QUITTING SMOKING: Congratulations on getting ready to quit smoking!

### Preparing to Quit

- Call 1-800-QUIT-NOW (a free service with advice and tools to help you quit smoking)
- Other resources include:
  - Smokefree.gov
  - SmokefreeTXT (a texting program to help you quit)
- Set a quit date, and commit to it in writing
- Develop a support system: tell everyone when you are quitting!
- On an index card, write down all your reasons for quitting
- Take a four-day diary of your triggers
- Come up with plan to deal with triggers, and write them on back of your index card

Trigger	Plan
After meals	Leave table
Phone	Doodle
Driving	Chew gum
Stress	Breathing exercises
Coffee breaks	Walk around the block

- Change habit: e.g., change to different brand, buy packs only

- In the days leading up to quit date, remove all cigarettes from home, work, & car

### On Your Quit Date

- Have index card with you at all times
- Rely on friends, family, and these resources for support
- Call 1-800-QUIT-NOW
- Remember withdrawal and cravings are temporary (see below)
- Reward yourself at every milestone: 1 day, 1 week, 1 month, 1 year, annually

### Common Concerns

- Withdrawal: is temporary. Peaks at 72 hours, and gradually resolves over 3-4 weeks
- Cravings: last only 5-10 minutes
- Weight gain: is not inevitable. 50% of people gain < 8lbs in the first year after quitting (have healthy snacks available)

### Relaxing Breathing (4-7-8) Exercise

1. Exhale completely through your mouth, making a whoosh sound.
2. Close your mouth and inhale quietly through your nose to a mental count of four.
3. Hold your breath to a count of seven.
4. Exhale completely through your mouth, making a whoosh sound to a count of eight.
5. Repeat three more times

### One-to-one counseling at Family Medicine:

You can request a visit with one of our pharmacists for a one-to-one session to help you quit smoking and for recommendations of medications and tools to help you quit (call our main number or stop by our check out area to make an appointment)

# SmartPhrase for documentation

## Tobacco Use/Nicotine Dependence:

- I counseled the patient today for **\*\*\*** minutes regarding smoking and smoking cessation.
- Smoking history and readiness to quit documented in SOCIAL HISTORY: **YES (DEF)/NO: Yes**  
(click **HISTORY** to go to the history section to document)
- Encouraged smoking cessation
- Discussed smoking cessation aides & tools
- FAMSMOKING SmartPhrase put in Patient instructions: tobacco cessation tips and resources:  
**YES (DEF)/NO: Yes**
- **1-800-QUIT-NOW** information given to patient
- **PHAR SMOKE CESSATION PLAN**

Coding (under orders - go to database lookup OR enter into Charge Capture)

99406 PR Tobacco Use Cessation; intermediate, 3-10 minutes

99407 PR Tobacco Use Cessation; intensive, >10 minutes

ICD10: Nicotine Dependence



**PHAR SMOKE CESSATION PLAN**

Quit Date - **\*\*\***

Educate patient on the benefits of smoking cessation.

Initiate 21 mg nicotine replacement patches daily for 4 weeks, then 14 mg nicotine patches daily for 4 weeks, then 7 mg patches daily for 4 weeks.

Initiate 14 mg nicotine patches daily for 8 weeks, then 7 mg patches for 4 weeks.

Initiate 7 mg nicotine replacement patches for 12 weeks.

Initiate 2mg/4mg nicotine replacement gum/nicotine losenges for 12 weeks.

Initiate Chantix (starter pack) - 0.5mg daily for 3 days, then 0.5mg twice daily for 4 days, then 1mg twice daily for 12 weeks.

Initiate Bupropion SR 150mg twice daily for 12 weeks.

**\*\*\***

# Direct Order: Type “smoking” into order box

Order and SmartSet Search

SMOKING

Browse Preference List Facility List Database

SmartSets, Panels, & Express Lanes

Name	User Version Name	Type
Smoking Cessation		SmartSet
UMMS BCN SMOKING REFERRALS		SmartSet

Search panels and SmartSets by user (Alt+1)

After Visit Medications (No results found)

After Visit Procedures

Code	Name	Type	Resulting Agencies	Frequency	Pref ...
REF100	smoking (aka AMB REFERRAL TO MARYLAND QUITLINE)	Output Ref	UMMS AMB TOBACCO CESSATION		
REF139	Smoking (aka AMB REFERRAL TO SMOKING CESSATION)	Output Ref			

QUITLINE REFERRAL (Red arrow)

Clinic referral (Red arrow)

During Visit Medications (No results found)

During Visit Procedures (No results found)

Choose **MTC Pulmonary** and  
click **Accept**



# UNIVERSITY *of* MARYLAND SCHOOL OF MEDICINE

# Quitline referral

Express Lane SnapShot Request Outside Records CRISP  Rooming  Notes PreOp HP Notes  Plan  Wrap-Up History

Visit with Finn Adenite, MD, MPH for ACUTE VISIT 15 - Date: 10/17/2017 - Room: 501

**AMB REFERRAL TO SMOKING CESSATION PROGRAM**

Accept  Cancel

Priority: Routine 

Class: External Ref 

Statements: I have discussed tobacco cessation counseling with the patient. Patient agrees to referral to the Maryland Tobacco Quit Line, an ...

Specify phone number to contact pt: 608-485-7972

Best Contact Time:  Early Morning: 6-9  Morning: 9-12  Early Afternoon: 12-3  Late Afternoon: 3-6  Evening: 6-9  
 Late Evening: 9-12  Anytime

Is it ok to leave a message on your voice mail?  Yes  No

Authorization: Approved for nicotine replacement therapy

Resulting Agency: MD Tobacco

Contraindication: 

Override: 

Referral: Location/POS: The Maryland Tobacco  To:   Expiration Date: 

From:  # of Visits: 1  Override restrictions

Provider Specialty: 

Department: 

Dept Specialty: 

Referral Priority: Routine   Routine  Urgent  Elective

RefType: 

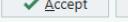
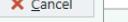
Comments:  abc                         

# 6. Choose any tobacco-related diagnosis

**Diagnoses**

ID	Name	ICD-9	ICD-10	HCC Category	Specific/Generic	IMO Preferred
305.1.ICD-9-CM	Tobacco use disorder	305.1	F17.200	Both Specific and Generic	Preferred	
176481	Nicotine dependence	305.1	F17.200	Generic		
176482	Tobacco dependence syndrome	305.1	F17.200	Both Specific and Generic		
176483	Compulsive tobacco user syndrome	305.1	F17.200	Both Specific and Generic		
201981	Nicotine addiction	305.1	F17.200	Generic		
206461	Tobacco dependence	305.1	F17.200	Both Specific and Generic		
225157	Nondependent tobacco use disorder	305.1	F17.200	Both Specific and Generic		
228227	Smoker's respiratory syndrome	305.1	F17.200	Both Specific and Generic		
287387	Smoking	305.1	F17.200	Both Specific and Generic		
1134158	Smoker	305.1	F17.200	Both Specific and Generic		
1149485	Tobacco dependency	305.1	F17.200	Both Specific and Generic		
1208188	Needs smoking cessation education	V62.3	F17.200	Both Specific and Generic		
1213349	Nicotine use disorder	305.1	F17.200	Both Specific and Generic		
1230220	Current smoker	305.1	F17.200	Both Specific and Generic		
1247628	Smoking addiction	305.1	F17.200	Both Specific and Generic		
1249071	Unable to stop smoking	305.1	F17.200	Both Specific and Generic		
1250438	Chain smoker	305.1	F17.200	Both Specific and Generic		
1287486	Nicotine dependence, uncomplicated	305.1	F17.200	Both Specific and Generic	Preferred	
1330916	Smokes	305.1	F17.200	Both Specific and Generic		
1334023	Smoker unmotivated to quit	305.1	F17.200	Both Specific and Generic		
1334352	Smokes and motivated to quit	305.1	F17.200	Both Specific and Generic		
1340967	Smoker, current status unknown	305.1	F17.200	Both Specific and Generic		
1352616	Current smoker on some days	305.1	F17.200	Both Specific and Generic		

Take 1 tablet (10 mg total) by mouth daily.  
 metFORMIN (GLUCOPHAGE) 500 MG tablet

04/05/22   Northern Pharmacy at Overlea - Nott - Nottingham, MD - 7618 Belair Road 410-661-1655

# Make tobacco treatment the standard of care

- Nicotine hijacks survival instincts
- Withdrawal symptoms (anxiety, irritability, depression) cause users to feel unsafe
- Stopping tobacco feels like going against a basic instinct to survive
- How can anybody be "ready" to ignore a basic instinct?
- Treatment can help no matter where a patient is in their journey



***"I really want to stop smoking!  
But not right now."***

# Ever asked a patient with COPD if they want treatment?

- Traditionally, we wait for patients with tobacco use to ask for help
- The default for other chronic conditions: evidence-based treatment
- EHRs can support opt-out tobacco treatment initiatives

# Staying organized for tobacco treatment clinics

- Create a patient list in your EHR
- EHRs may allow some customization of columns within the list
- Utilize "sticky notes" if you need a column that doesn't exist (e.g., date of first visit with you)

## My Sticky Note

2025.03.21

Chantix, patch, lozenge

1st appt baseline: 4-6 cpd

Last updated: Today

# Flowsheets

- Document key data in flowsheets rather than free text
- Instantly visualize trends in a patient's progress

Patient Outreach from 8/30/2022 in MTC Center for Lung Health		
	7/5/2022	8/30/2022
<input type="text"/> Search (Alt+Comma)	0851	0800
<b>Tobacco Health Check-In</b>		
How Much Are You Smoking Now	No change	Cutting down
What Medications Are You Using	Patch; Gum	Patch; Gum
Medication Compliance	Intermittent usage of both meds	Exactly as instructed
Can I Help You With Anything Else	Yes	No

# Reporting tools in your EHR

The purpose of analytics is not to run reports frequently. The purpose is to **make us better at what we do**. And the way to do that is to ask users: *why* do you want this information, and **what do you plan to do with it?**

-R. Hal Baker, MD, CDO, WellSpan Health

Baker, R. (2022, March 14). *Beyond the Data Drive-Through*. EpicShare.  
<https://www.epicshare.org/perspectives/beyond-the-data-drive-through-2>

## Report Settings - REF139 Tracking [12963541]

Criteria   Display   Appearance   Summary   Print Layout   Toolbar   Override   General

Find Orders ⓘ

Find Criteria  Enter a search term, or click the search icon to browse available criteria

Date Range From: M-1 (2/24/2025) 12:00 AM To: T (3/24/2025) 11:59 PM

Search base  
Creation Time

Procedure: Name  
AMB REFERRAL TO SMOKING CESSATION

## CRITERIA

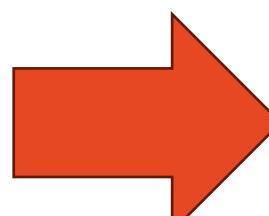
Determine the question your report will answer.

*How many patients were e-referred to clinic in the past month?*

## DISPLAY / COLUMNS

What else do you need to know about this population?

- Patient identifiers
- Demographics
- Referring department
- Referring provider
- Insurance carrier
- Current vaping



Report Settings - REF139 Tracking [12963541]

Criteria   Display   Appearance   Summary   Print Layout   Toolbar   Override   General

Available Columns

Search available columns

- Age of Order [20195]
- Appt Department Name [1418]
- Can Receive Patient Portal Message [32010]
- COSIGN MESSAGE RECIPIENT [20104]
- Diagnosis Related Group (EPT) [2204]
- Diagnosis Text (EPT) [169]
- Discharge Date [34138]
- First Name [2208]
- IMG EXAM-RELATED MEDICATION [105520000]

Selected Columns

- Patient Name [1004]
- PATIENT AGE [54503]
- Patient Legal Sex (EPT) [130]
- Patient MRN [1003]
- Race (EPT) [1288]
- Insurance Plan [5000002]
- Patient Coverage Primary Payer [18800]
- Authorizing Provider [7100]
- ORDERING PROVIDER [1150]
- Encounter Provider [17014]

Add

Anchor: 0 Columns

**Existing Summaries****Referring Department**

Referring Department

**Referring Department**

Referring Department

**Referring Dept Table**

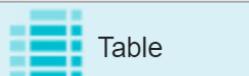
Referring Department

**encounter provider**

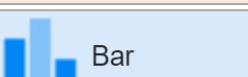
encounter provider

**ordering provider****Create Summary**

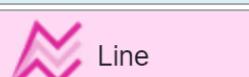
Grouped



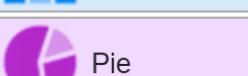
Table



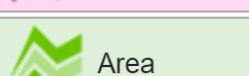
Bar



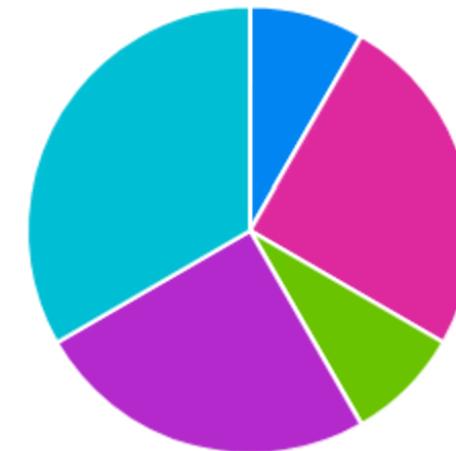
Line



Pie



Area

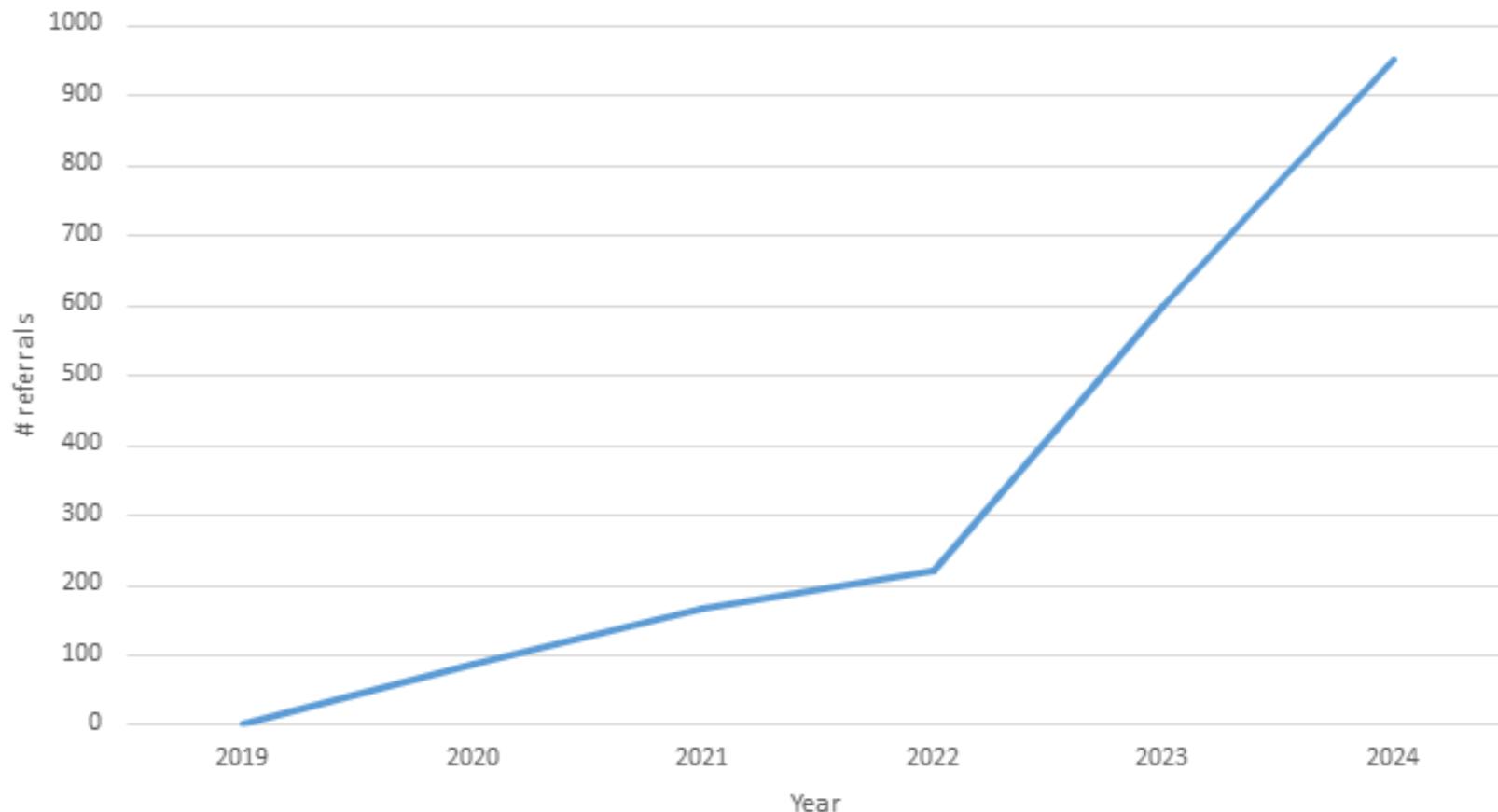
**Referring Department**

■	Department 1: 2	■	Department 2: 6	■	Department 3: 2	■	Department 4: 6
■	[No Value]: 8						

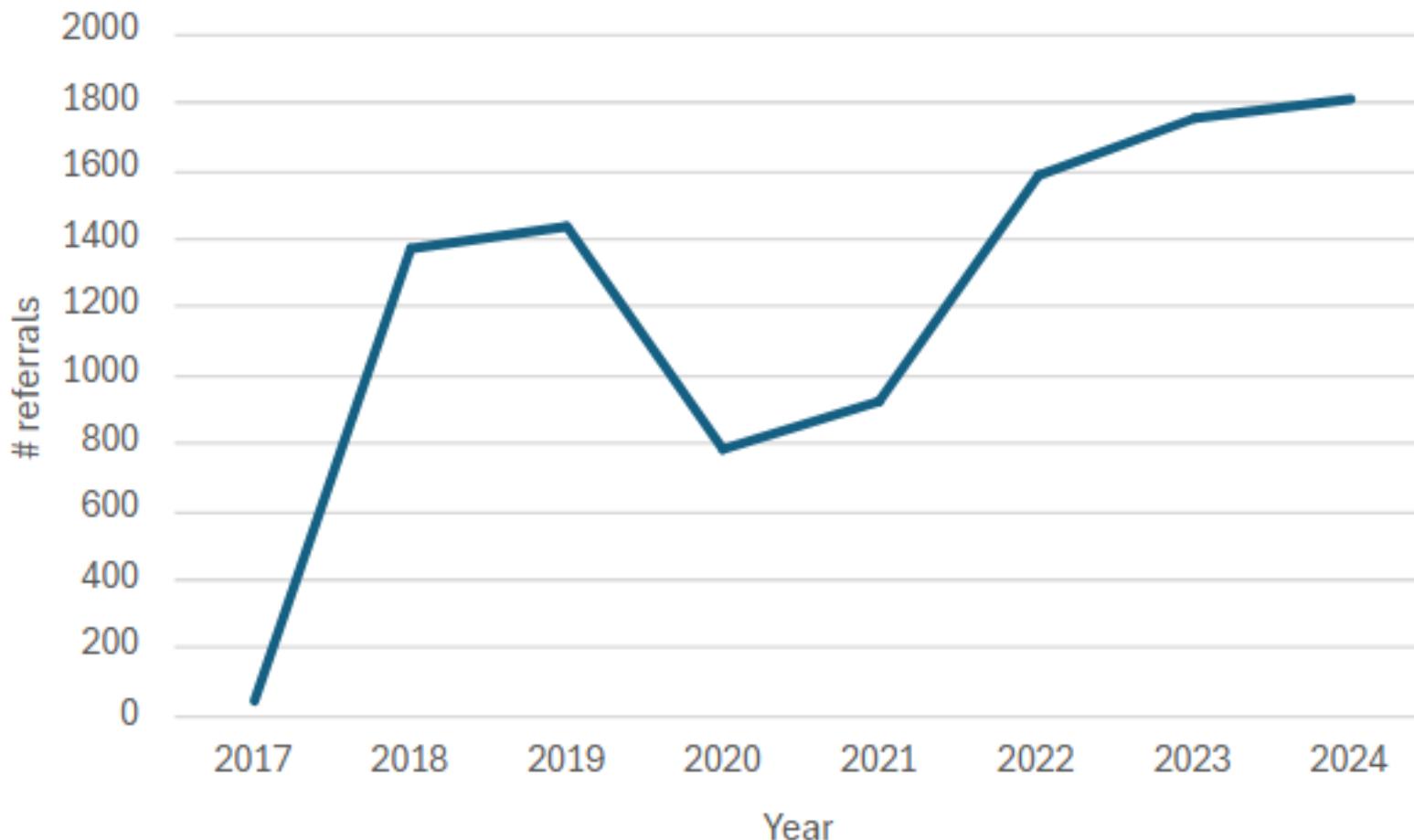
**Graphs and tables can be generated each time you run the report**

# UMMC NHC E-Referrals

## 2019-2024



# Quitline E-Referrals from UMMS 2017-2024



# Informatics in Tobacco Treatment

- **Primary Care Tools for tobacco screening and intervention**

- **Screening for & documenting Tobacco Use**

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# **Thank you! Questions?**