



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.
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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

FA

Frank Adamite
Male, 46 y.o., 7/24/1975
MRN: 6366
Preferred Language: English
Adv Dir: Not Received
Prim Ins: None

Search

Infection: None

Mickey Quinn, MD, MPH
PCP - General

Abdul A Aadam, MD
Ref Provider

Coverage: None

Allergies (2)

Outpatient

9:00 AM ACUTE VISIT
for Sore Throat

Wt: 195 lb (88.5 kg)
Ht: 5' 9" (1.753 m)
BMI (Calculated): 28.8
BP: **138/78 !**

Express Lane Snapshot Request Outside Records CRISP Chart Review Rooming No

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 Position Cuff size

Weight: Height: Resp: SpO2: PF:

Pain score:

Pulse:

Temp:

Source

Location

Educated?

Tobacco Use

Current Every Day Smoker **Smokeless: Never Used**

Cigarettes (16 pack-years)

Ready to quit? ☒ Yes ☐ No

Counseling given? ☒ Yes ☐ No

☒ 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**
 - E-cigarette/Vaping
 - Sexual Activity
 - Socioeconomic
 - Social Documentation
- SPECIALTY
 - Birth

Substance Use

Tobacco

Smoking

Passive exposure:

Types: ☒ Cigarettes ☐ Pipe ☐ Cigars ☐ Vaping

Total pack years: 5

Cigarettes

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

Cigarettes History

- 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:

| Packs / Day | From | To | Years | |
|--|---------------------------------|---------------------------------|---------------------------------|---|
| <input checked="" type="button" value="Quit"/> | 04/22/2013 | (35 y.o.) Current | (46 y.o.) ≈ 11.8 | <input checked="" type="button" value="X"/> |
| 0.5 | 04/22/2003 | (25 y.o.) 04/22/2013 | (35 y.o.) 10 | <input checked="" type="button" value="X"/> |
| <input type="button" value=""/> | <input type="button" value=""/> | <input type="button" value=""/> | <input type="button" value=""/> | <input type="button" value=""/> |

Smokeless

Cessation

Counseling given:



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

Passive Exposure ☐ Yes ☒ No

Counseling Given ☐ Yes ☒ No

Start Date 01/01/2018

Quit Date

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 Collapse



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

 [Manage User Versions](#)

▼ Tobacco Cessation

► Orders

[Click for more](#)

► Diagnosis

[Click for more](#)

▼ LOS

- ☐ PR OFFICE/OUTPT VISIT, LEVEL 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](#)

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 as 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 patch
- ☐ 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 lozenges 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 ⬆ Search panels and SmartSets by user 🔍 I (Alt+1)

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

After Visit Medications (No results found)

After Visit Procedures ⬆ I (Alt+3)

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

During Visit Medications (No results found)

During Visit Procedures (No results found)

← **Quitline referral**

← **Clinic referral**

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

Visit Info Vital Signs Allergies Med Doc **BestPractice** Get To Know Me Problem List History Hearing Vision Relevant Results External Results Verify Rx Benefits Review

Vital Signs

5/24/22 4:16 PM + New

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

☐ Orthostatics

BP: Site: Position: Cuff size:

Pulse:

Temp: Source:

Tobacco Use

Current Every Day Smoker
Cigarettes (16 pack-years)

Ready to quit? Yes No

Counseling given? Yes No

☒ Mark as Reviewed Last Review

Allergies/Contraindication

Allergies

Sulfa Antibiotics

Penicillins

AMB REFERRAL TO TOBACCO HEALTH ASSESSMENT AND TREATMENT PROGRAM

Priority: Routine

Class: Internal Ref

What is the place of service?

Reason for referral:

Referral: Location/POS: From:

To: # of Visits: 1

Expiration Date: ☐ Override restrictions

Provider:

Specialty: MTC PULM **MTC PULMONARY** STOLER OUTPATIENT CANCER CLINIC

Department: Pulmonolog

Dept Specialty:

Referral Priority: Routine Urgent Elective

RefType:

Comments:

Quitline referral

AMB REFERRAL TO SMOKING CESSATION PROGRAM

Priority:

Class:

Statements:

Specify phone number to contact pt:

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?

Authorization:

Resulting Agency Override:

Referral: Location/POS: From:
To: # of Visits:
Expiration Date: ☐ Override restrictions

Provider Specialty:

Department:

Dept Specialty:

Referral Priority:

RefType:

Comments:

6. Choose any tobacco-related diagnosis

| 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

+ ADD ORDER

+ ADD DX (0)

LEVEL OF SERVICE

PRINT AVS

PEND

SIGN ORDERS (1)

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 |
| 0851 | | 0800 |
| Tobacco Health Check-In | | |
| 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

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

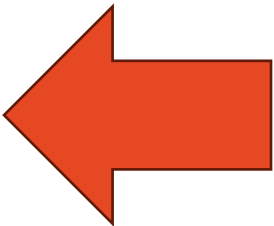
🕒 Date Range From: M-1 (2/24/2025) 12:00 AM To: T (3/24/2025) 11:59 PM

Search base

Creation Time

Procedure: Name

AMB REFERRAL TO SMOKING CESSATION



CRITERIA

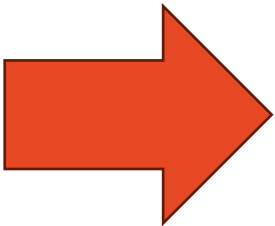
Determine the question your report will answer.

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]

+ Add

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]

Anchor: 0 Columns ▾

Criteria Display Appearance **Summary** Print Layout Toolbar Override General

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 |

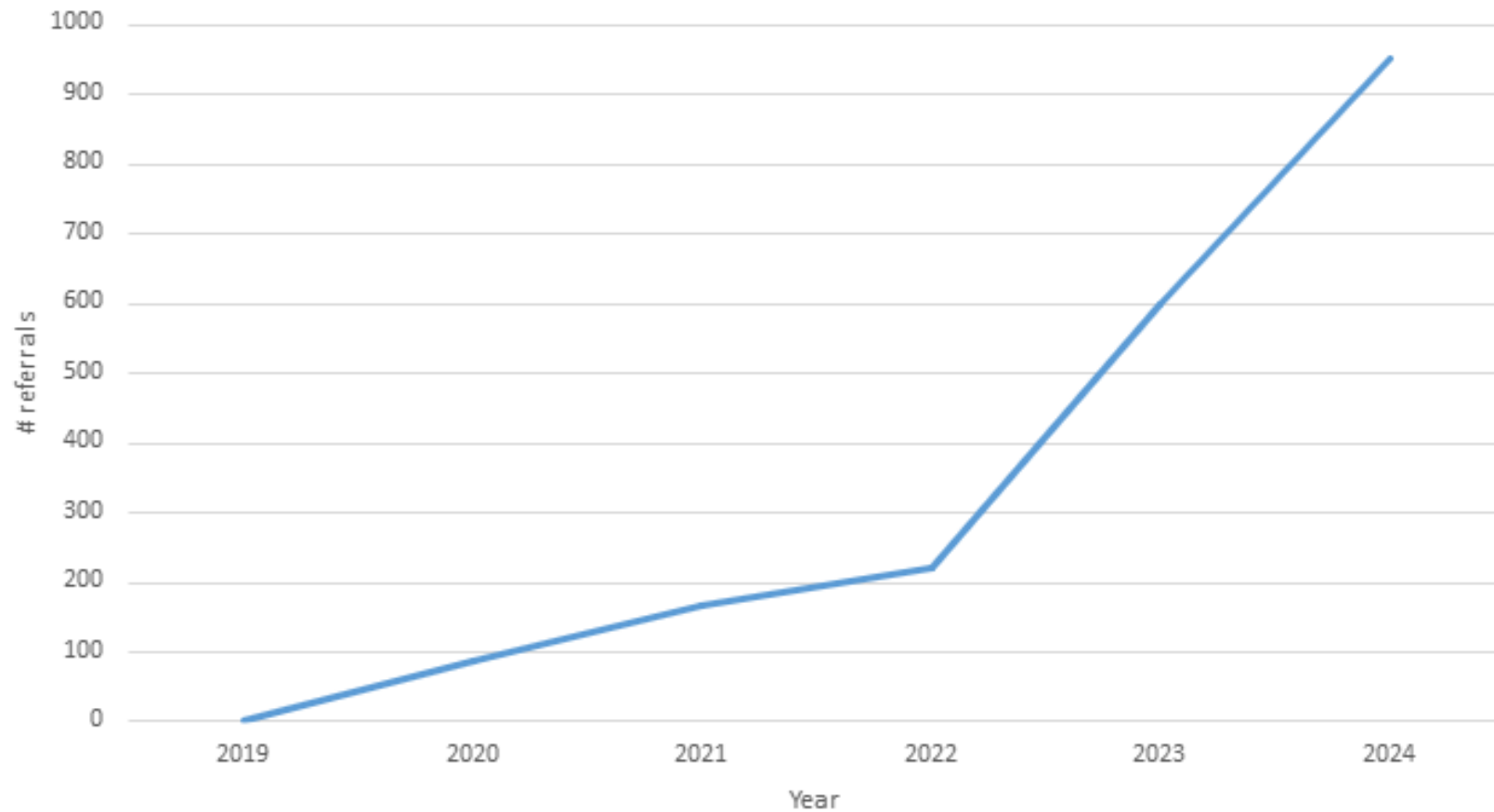
Referring Department



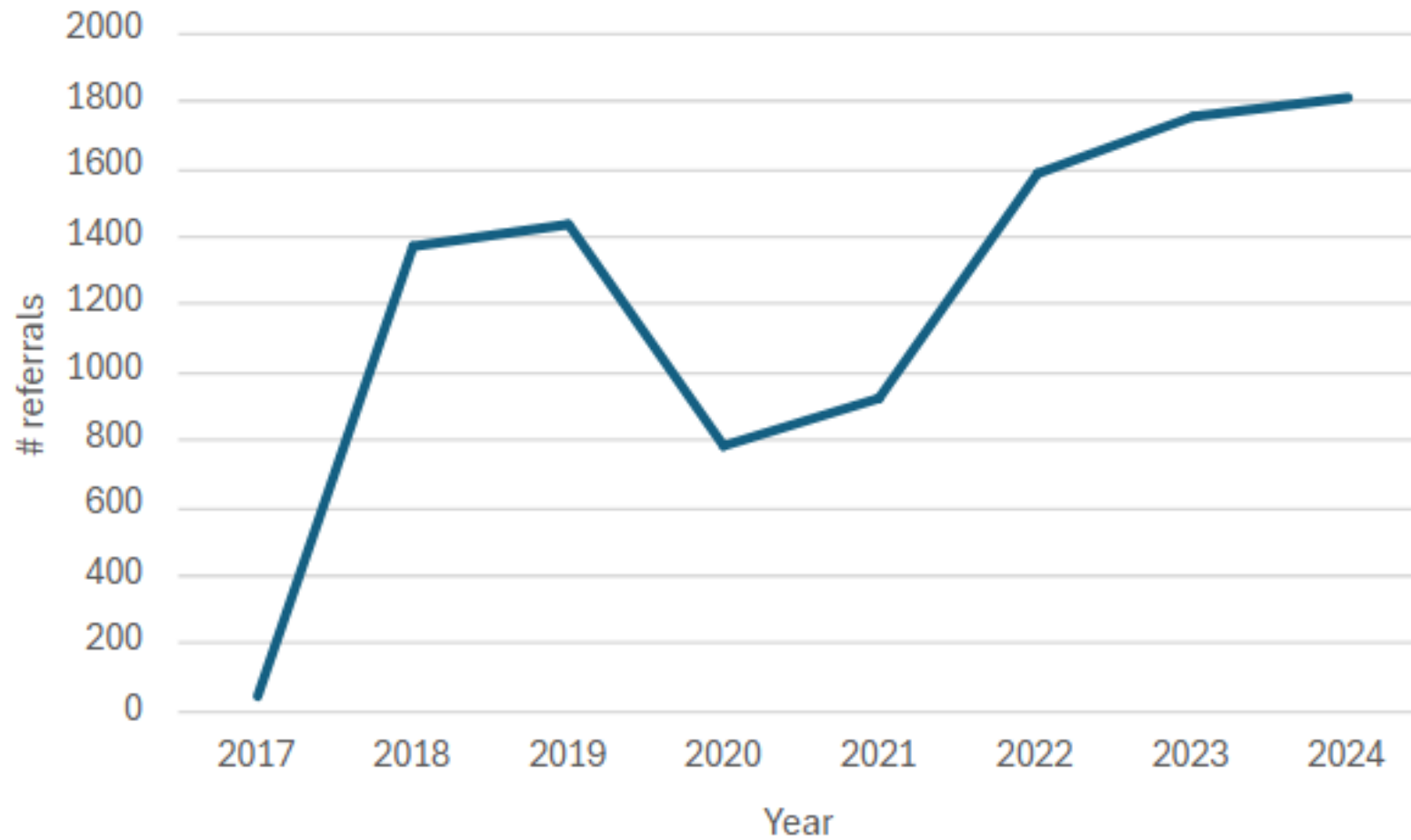
■ Department 1: 2
 ■ Department 2: 6
 ■ Department 3: 2
 ■ Department 4: 6
 ■ [No Value]: 8

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

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- **Screening for & documenting Tobacco Use**

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- **Tools for a Tobacco Treatment Clinic**

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Thank you! Questions?