

# Documentation of Tobacco Screening and Cessation Intervention



Five A's of smoking cessation counseling:

- Ask about tobacco use
- Advise to quit
- Assess willingness to make a quit attempt
- Assist in quit attempt
- Arrange follow-up

Last updated 1/20/2005

## SCREENING

Document Tobacco screening with the Tobacco Health Factors:

Current Smoker  
 Current Smokeless (snuff/chewing tobacco)  
 Current Smoker & Smokeless  
 Cessation Smoker (is quitting now)  
 Cessation Smokeless (is quitting now)  
 Previous Smoker (quit smoking > 6 months)  
 Previous Smokeless (quit smokeless > 6 months)  
 Ceremonial Use Only  
 Smoker in the Home  
 Exposure to Environmental Tobacco Smoke  
 Non-Tobacco User (never used tobacco)

## EDUCATION

IHS Patient Education Codes

TO-C	Complications
TO-DP	Disease Process
TO-EX	Exercise
TO-FU	Follow-up
TO-L	Literature
TO-LA	Lifestyle Adaptation
TO-M	Medications
TO-QT	Quit
TO-SHS	Second Hand Smoke

## MEDICARE REIMBURSEMENT

### Individual Cessation Visits

Medicare will pay for 2 tobacco cessation attempts in 12 month period, up to 4 face-to face sessions per attempt. These sessions may occur in the outpatient or inpatient setting (note: CMS will not cover tobacco cessation services if tobacco cessation is the primary reason for the patient's hospital stay).

Document the Diagnosis:

- ICD9-CM = 305.1 tobacco dependence
- Must **also** document a condition that is adversely affected by smoking or tobacco use, or that the metabolism or dosing of a medication that is being used to treat a condition the beneficiary has is being adversely affected by his or her smoking or tobacco use.

Two HCPCS codes may be used for billing:

G0375 – Smoke/Tobacco counseling 3-10 minutes  
 G0376 – Smoke/Tobacco counseling > 10 minutes

### Individual Cessation Visits Occurring in Association with another Medical Condition

Document the E&M code for the visit as appropriate (99201-99215)

Add a modifier of 25 to indicate tobacco cessation counseling.

### Group Tobacco Cessation Visits

Use Preventative Service Codes:

99411 or 99412 – Preventative Group Medicine Group Counseling or

99078 – Physician Education in a Group Setting  
 Add a modifier of 25 to indicate tobacco cessation counseling.

\* Services administered by or facilitated by a CMS recognized provider.

# RESOURCES

## Phone Numbers

**American Lung Association Call Center**  
1-8666-QUIT-YES (1-866-784-8937) or  
1-800-548-8252

**Department of Health and Human Services  
National telephone counseling quit line**  
1-800-QUITNOW (1-800-784-8669)  
TTY 1-800-332-8615

## Web Sites

**CDC's Tobacco Information and Prevention Service**  
[www.cdc.gov/tobacco/news/QuitSmoking.htm](http://www.cdc.gov/tobacco/news/QuitSmoking.htm)

**NCI's Tobacco Information and Prevention Service**  
<http://www.cdc.gov/tobacco/news/QuitSmoking.htm>

**American Lung Association – Tobacco Control**  
[www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=22937](http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=22937)

**Smokefree.gov website sponsored by the NCI, CDC,  
and the American Cancer Society**  
[www.ahrq.gov/path/tobacco.htm](http://www.ahrq.gov/path/tobacco.htm)

**Department of Health & Human Services:**  
[www.surgeongeneral.gov/tobacco/](http://www.surgeongeneral.gov/tobacco/)

**IHS Health Promotion and Disease Prevention:**  
[www.ihs.gov/NonMedicalPrograms/HPDP/Index.cfm](http://www.ihs.gov/NonMedicalPrograms/HPDP/Index.cfm)

**American Academy of Family Physicians:**  
[www.aafp.org/x27811.xml](http://www.aafp.org/x27811.xml)

**Tobaccofree.org:** [www.tobaccofree.org/other.htm](http://www.tobaccofree.org/other.htm)

## Key Contacts

**CIH Tobacco Cessation Coordinator:** Carol Stephens  
([Carol.Stephens@ihs.gov](mailto:Carol.Stephens@ihs.gov))

**Healthy Cherokee Coordinator** Radonna Crowe  
([Radocrow@nc-chokeee.com](mailto:Radocrow@nc-chokeee.com)) 497-7470

**IHS Tobacco Control Task Force Chair:** Nathaniel Cobb  
([Nathaniel.Cobb@ihs.gov](mailto:Nathaniel.Cobb@ihs.gov))

**IHS Tobacco Control Lead Consultant:**  
Mary Wachacha ([Mary.Wachacha@ihs.gov](mailto:Mary.Wachacha@ihs.gov))

# MEDICATIONS\*

Product	Instructions	Side Effects
Gum (Nicorette™)	<ul style="list-style-type: none"> <li>Use <b>4mg</b> gum if using &gt; 25 cigarettes per day, <b>2mg</b> if &lt;25 cigarettes per day.</li> <li>Chew slowly until you feel a “peppery” taste, then park the gum between the cheek and the gum.</li> <li>Continue to “chew and park” for about 30 minutes, then place in trash.</li> <li>Do not eat or drink 15 minutes before chewing or while chewing nicotine gum.</li> <li>Do not use more than 24 pieces in a day.</li> </ul>	<ul style="list-style-type: none"> <li>Sore Mouth</li> <li>Hiccups</li> <li>Bad taste</li> <li>Jaw ache</li> </ul>
Lozenge (Commit™)	<ul style="list-style-type: none"> <li>Use <b>4mg</b> lozenge if you smoke within 30 minutes of waking up, <b>2mg</b> lozenge if you smoke ≥ 30 minutes of waking up.</li> <li>Place lozenge in your mouth and allow to dissolve slowly (about 20-30 minutes).</li> <li>Do not chew or swallow the lozenge.</li> <li>Do not eat or drink 15 minutes before using a lozenge or while using a lozenge.</li> <li>Do not use &gt; 5 lozenges within 6 hours.</li> </ul>	<ul style="list-style-type: none"> <li>Hiccups</li> <li>Bad taste</li> <li>Heartburn</li> <li>Nausea</li> </ul>
Patch (Nicoderm CQ™, Nicotrol™)	<ul style="list-style-type: none"> <li>Use one patch a day unless otherwise directed.</li> <li>Place on a hairless area of skin between the neck and waist.</li> <li>Change sites every day to decrease irritation.</li> <li>Gradually decrease the dose as instructed.</li> <li>Used patches still have some nicotine in them, and can be harmful if children or pets have access to used patches.</li> </ul>	<ul style="list-style-type: none"> <li>Skin rash</li> <li>Skin irritation</li> </ul>
Bupropion (Zyban™)	<ul style="list-style-type: none"> <li>Start taking 1 tablet (150mg SR) by mouth once a day for 3 days</li> <li>Increase to one tablet (150mg SR) two times a day for 7-12 weeks.</li> <li>May use with or without nicotine replacement therapy.</li> <li>Schedule a quit date within 7 days of starting bupropion therapy.</li> </ul>	<ul style="list-style-type: none"> <li>Constipation</li> <li>Nausea</li> <li>Agitation</li> <li>Tremor</li> <li>Sleep disturbance</li> <li>Dizziness</li> <li>Sweating</li> </ul>

# MEDICATIONS\*

<p><b>Nicotine Patch</b></p> <p><b>Benefits</b> Once-a-day Prefer not to take oral medication</p> <p><b>Initial dose:</b> <b>&lt; 10 cigarettes/d</b> Weeks 1-6: 14mg/d Weeks 7-8: 7mg/d</p> <p><b>&gt;10 cigarettes/d:</b> Apply 1 patch QD for 6 wks Wk 1-6: 21mg/d Wk 7-8: 14mg/d Wk 9-10: 7mg/d</p> <p><b>Contraindications</b> Abrupt d/c EtOH/sedatives MAOI w/in last 2 weeks <i>Anorexia or Bulimia</i> Skin disorder Seizure disorder TMJ</p>	<p><b>Bupropion</b></p> <p><b>Benefits:</b> -QD-BID dosing schedule -Prefer taking oral medication</p> <p><b>Initial dose:</b> 150mg po QD x 3 d</p> <p><b>Usual dose:</b> 150mg po BID for 7-12 wks</p> <p><b>Contraindications</b> -Arrhythmia -Unstable Angina pectoris -<b>Uncontrolled</b> HTN -Recent MI (2 weeks) -Skin disorder -Gastric ulcer -TMJ</p>
<p><b>Nicotine Gum</b></p> <p><b>Benefits</b> -Oral gratification -Smoke at irregular intervals -Control over how much use and when</p> <p><b>Initial dose:</b> &lt; 25 cigarettes QD: 2 mg &gt; 24 cig QD: 4 mg</p> <p><b>Usual dose:</b> Wk 1-6: 1 piece q 1-2 hrs Wk 7-9: 1 piece q 2-4 hrs Wk 10-12: 1 piece q 4-8 hrs</p> <p><b>Contraindications</b> Abrupt d/c EtOH/sedatives MAOI w/in last 2 weeks <i>Anorexia or Bulimia</i> Skin disorder Seizure disorder</p>	<p><b>Nicotine Lozenge</b></p> <p><b>Benefits</b> -Need to keep mouth occupied -Unable to use gum -Irregular smoking intervals</p> <p><b>Dose:</b> 1st cigarette &lt; 30min post waking up: 4mg 1<sup>st</sup> cigarette &gt; 30min post waking up: 2mg</p> <p><b>Initial dose:</b> &lt; 25 cigarettes QD: 2 mg &gt; 24 cig QD: 4 mg</p> <p><b>Usual dose:</b> Wk 1-6: 1 piece q 1-2 hrs Wk 7-9: 1 piece q 2-4 hrs Wk 10-12: 1 piece q 4-8 hrs</p> <p><b>Contraindications</b> Abrupt d/c EtOH/sedatives MAOI w/in last 2 weeks <i>Anorexia or Bulimia</i> Skin disorder Seizure disorder TMJ</p>

\*Medications are available for patients enrolled in the Second Wind Program only.