

OTTAWA MODEL FOR SMOKING CESSATION



in Action at the
Kingston Family Health Team

Presented by
Dr. Colleen Webster
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Kingston
Family Health Team


UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

OTTAWA MODEL
FOR SMOKING CESSATION
IN PRIMARY CARE
MODÈLE D'OTTAWA
POUR L'ABANDON DU TABAC
EN SOINS PRIMAIRES

AGENDA: OMSC in action at the Kingston FHT

Vince

- History – Tobacco Treatment at KFHT
- History – Ottawa Model

Colleen

- Working Together to Help Patients Quit

Chris

- Tobacco Treatment Workflows at KFHT

Vince

- Prevention and the Ottawa Model
- Goals for Program IMPROVEMENT in 2013/2014

All

- Questions - Handouts

HISTORY

2005

Start of FHTs in Ontario

2006

Group Programs at KFHT

2007

Added Specialty Clinic for individual counselling and group sessions

Strengths & Weaknesses of the First Clinic

Brief Overview of OMSC Development

2000

- Dr. Andrew Pipe – Director, Ottawa Civic Heart Institute
- *Frustrated with approach to smokers*

2005

- Institute the practice of all using the NICOTINE PATCH - Institute

2008

- Generalized to the hospital - Hospital
- *Research – Codified – Created Program*

2009

- Spread to Champlain LHIN and then other provinces - LHIN
- Modified for PRIMARY CARE in Ontario

2010

- Kingston Family Health Team
 - *Decision to apply*
- Primary Care**

2011

- January 17th
- *1st FHT to - 'Go Live' date from Specialty Clinic to EVERY Physician visit*

OMSC PRIMARY CARE PARTNERS

40 Partner FHTs, FHNs, CHCs

117 Clinics in 8 LHINS

480 MDs

95 NPs

210 RNs

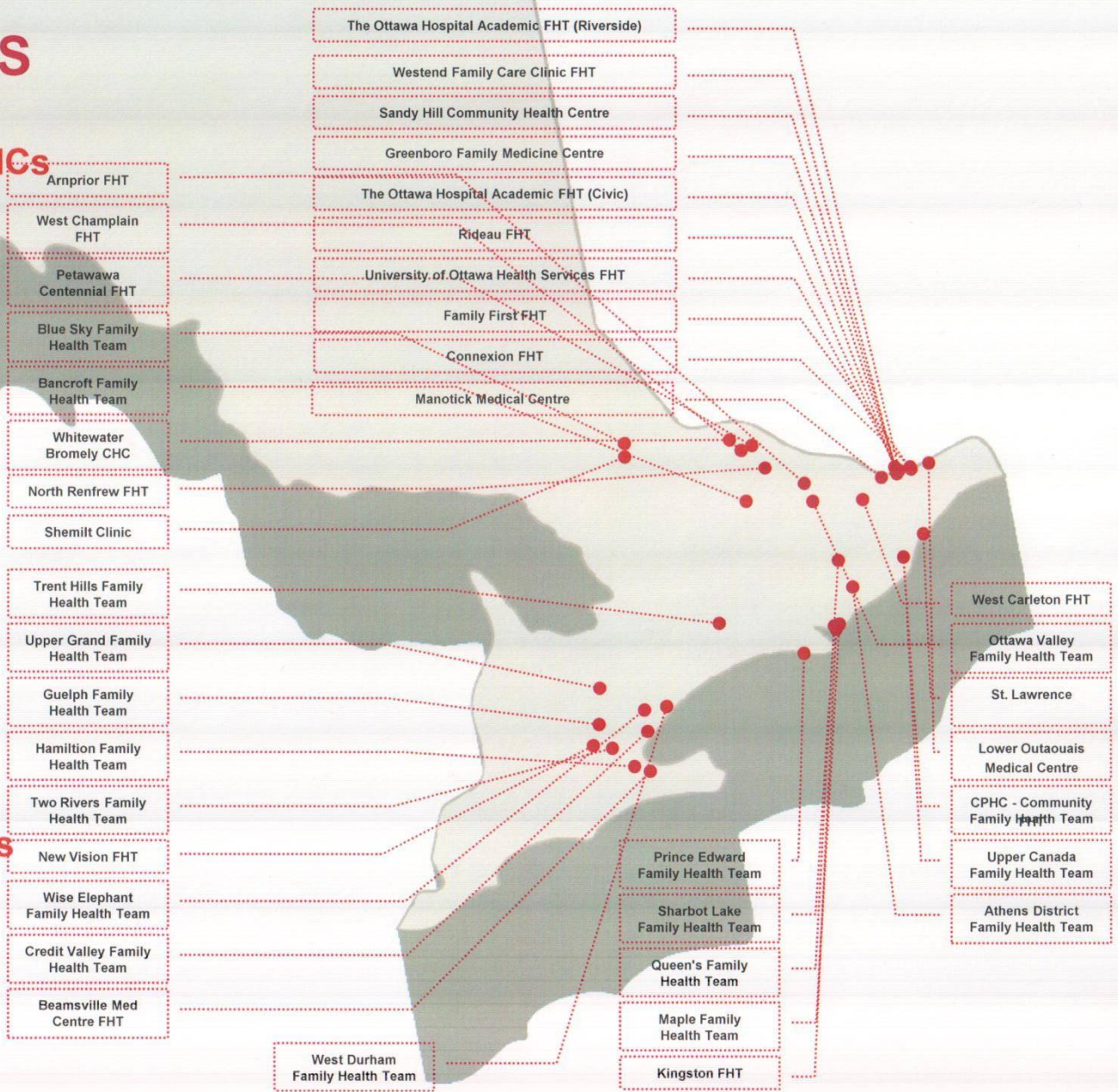
25 Pharmacists

Serving:

500,000 rostered patients

75,000 smokers

1.3 million visits/year



Treating Tobacco Use And Dependence

CLINICAL PRACTICE GUIDELINE
2008 UPDATE

U.S. Department of
Health and Human Services
Public Health Service

QUICK REFERENCE GUIDE FOR CLINICIANS
2008 UPDATE

Treating Tobacco Use And Dependence

U.S. Department of
Health and Human Services
Public Health Service

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➤ Questions - Handouts

SMOKING
CESSATION
IN PRIMARY CARE



WORKING
TOGETHER TO
HELP PATIENTS
QUIT



Smoking Cessation

“The single, most powerful, preventive intervention in clinical practice.”

Woolf SH. *JAMA* 1999;282(24):2358-65.

A POWERFUL INTERVENTION

Intervention	NNT to save one life year
Smoking cessation	9
Lowering lipids by 10%	16
Blood pressure control with diuretics	34
Mammography	205
Papanicolaou smear	534
Pneumococcal vaccine	716

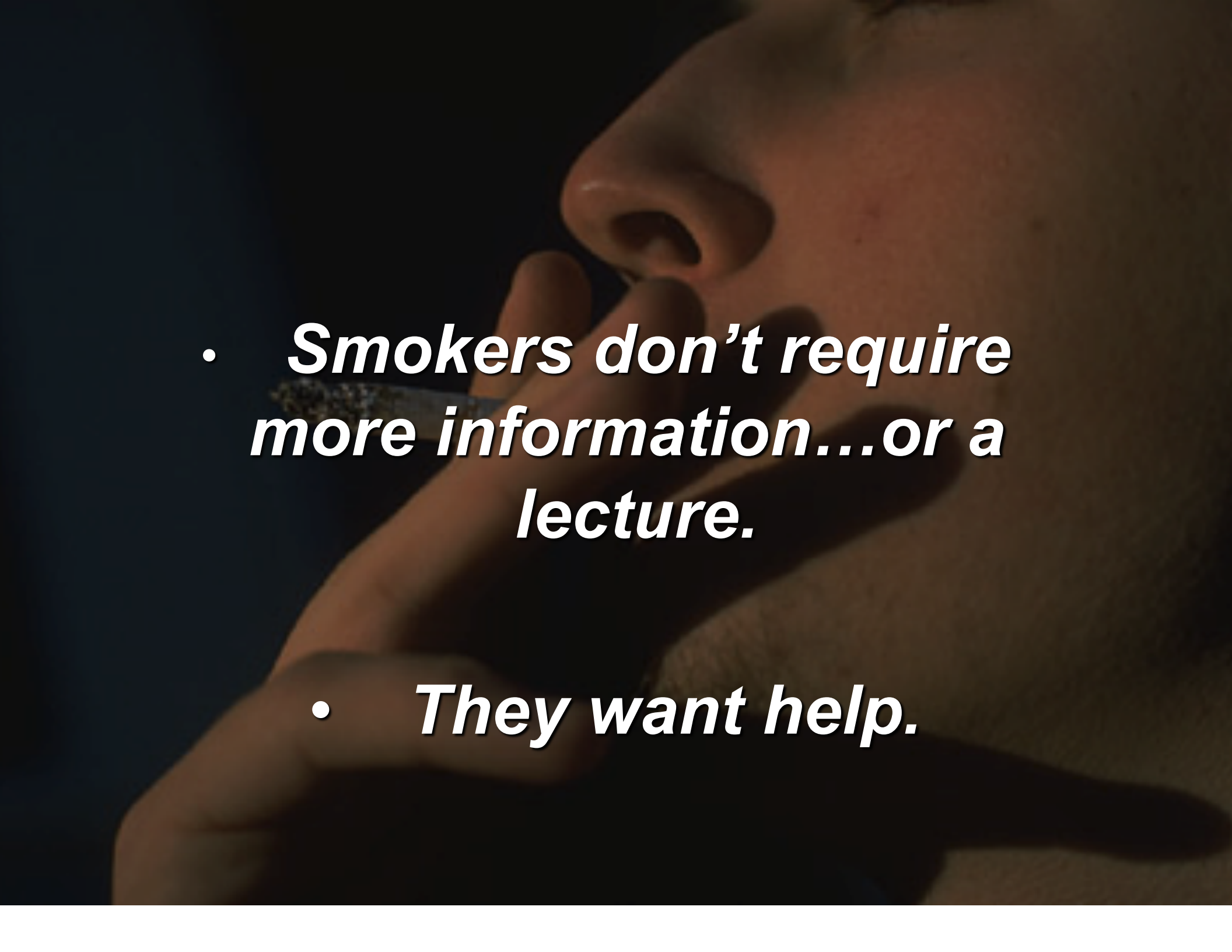
-
-
-

Probability of dependence after trying a substance at least once

Tobacco	32%
Heroin	23%
Cocaine	17%
Alcohol	15%
Stimulants	11%
Anxiolytics	9%
Cannabis	9%
Analgesics	8%
Inhalants	4%



Stahl's Essential Psychopharmacology, 3rd ed. 2008



- ***Smokers don't require more information...or a lecture.***

- ***They want help.***

WHAT WE KNOW

62% of smokers intend to quit¹

45% will attempt to quit¹

4-7% will be successful²⁻³

WHAT WE KNOW.....

**Advice from a health professional
can increase success of quitting
by up to 30%.**

Source: 1 Eckert 2001; Kreuter 2000; Ossip-Klein 2000 2 Longo, et al, 2006, Gottlieb, et al, 2001, Young and Ward, 2001, Shaohua, et al, 2003, CTUMS, 2006 3 Longo, et al, 2006, Gottlieb, et al, 2001, Young and Ward, 2001, Shaohua, et al, 2003, Curry, 2000, DePue, et al, 2002, Piper, et al, 2003

Evidence-based Treatments can Dramatically Enhance Patient Success with Quitting

	No behavioural treatment	Brief advice	Longer advice, multiple sessions
No medication or placebo	Control condition (CC)	2 x CC	3 x CC
Medication	2 x CC	4 x CC	6 x CC

Combining medication with brief advice or behavioural therapy increases continuous abstinence up to 6 times.

1. Identification

2. Documentation

3. Treatment

- Strategic Advice
- Pharmacotherapy

3. Long-term Follow-up

THE 3As: ASK, ADVISE, ACT

30
SECONDS

Reception/ Triage
Nurse

ASK AND DOCUMENT

Include tobacco use question as one of the patient's vital signs

Have you used any form of tobacco in the last 7 days?

2
MINUTES

Physician/Nurse
Practitioner

ADVISE AND REFER

Provide strong, personalized, non-judgmental advice to quit with offer of support

10-20
MINUTES

Smoking Cessation
Counsellor (Nurse, NP,
Pharmacist, RRT)

ACT

For Patient who is **READY TO QUIT**:
QUIT PLAN VISIT

- Strategic counselling
- Pharmacotherapy
- Follow-up/OMSC Smoker's Follow-up Program

For Patient who is **NOT READY TO QUIT**:

- Follow-up/OMSC Smoker's
- Follow-up Program

ASK: TOBACCO USE QUESTIONS



“Have you used any form of tobacco in the past 7 days?”

“Have you used any form of tobacco in the past?”

30
SECONDS

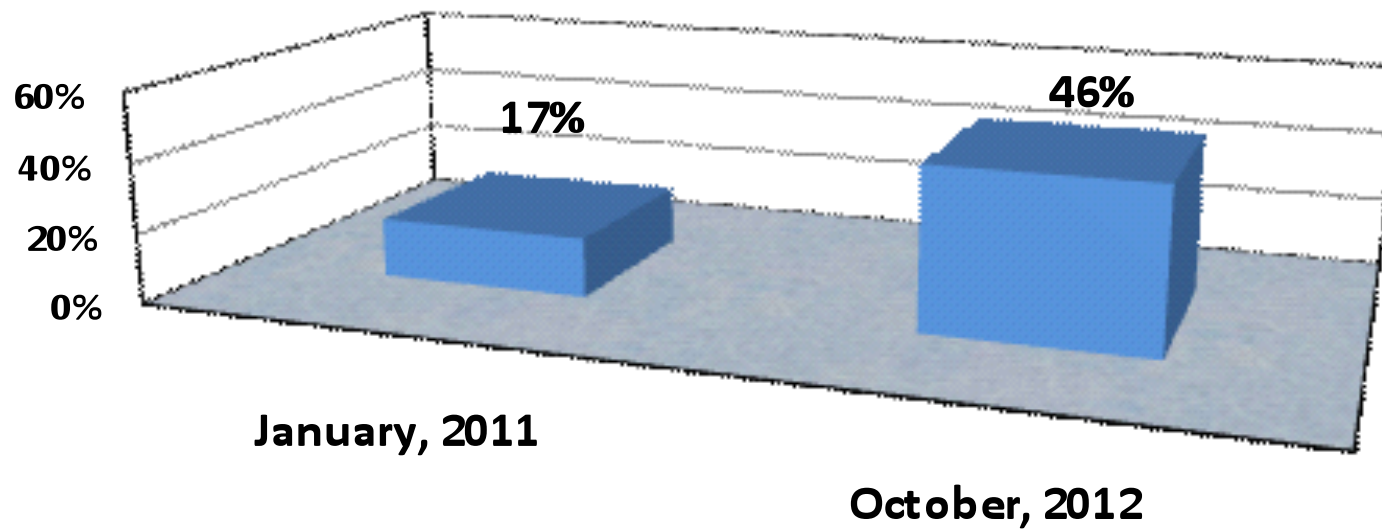
Reception/ Triage
Nurse

ASK

Patient's smoking status: Tobacco use in the last 7 days (active smoker)
 Tobacco use in the last 6 months (recently quit)
 No tobacco use (non-smoker)

IDENTIFY

% KFHT Patients 16 and older with Smoking Status Identified



HEALTH PROFESSIONAL'S ADVICE



- Clear
- Strong
- Personalized
- Offer of Support

2
MINUTES
Physician/Nurse
Practitioner

“Unambiguous & Non-Judgmental”

PHYSICIAN CONSULT [E079]

ADVISE

- Yes
 No
 Not Appropriate

ASSESS

Readiness to Quit

Refer patient to Smoking Cessation Counsellor

- Yes
 No

“Are you willing to work with me to set a quit date in the next month?”

- **Not Ready → Provide Self-Help**
- **Ready → Develop Quit Plan**

QUIT PLAN

Session Counselling

Patient Quit Plan

IT'S YOUR TIME TO QUIT

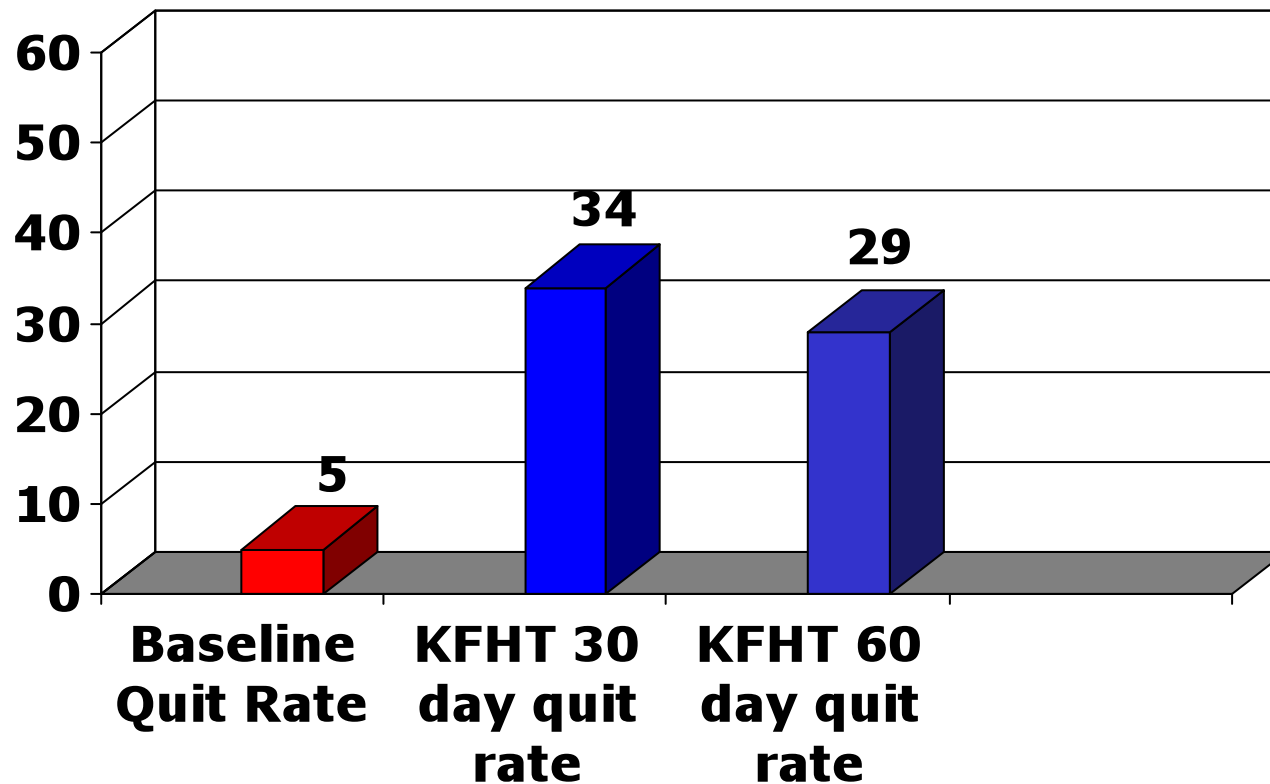
Quitting smoking is hard, but it is possible. Every year, thousands of people go smoke-free. You can do it, too!

YOUR QUIT PLAN INCLUDES FIVE STEPS:

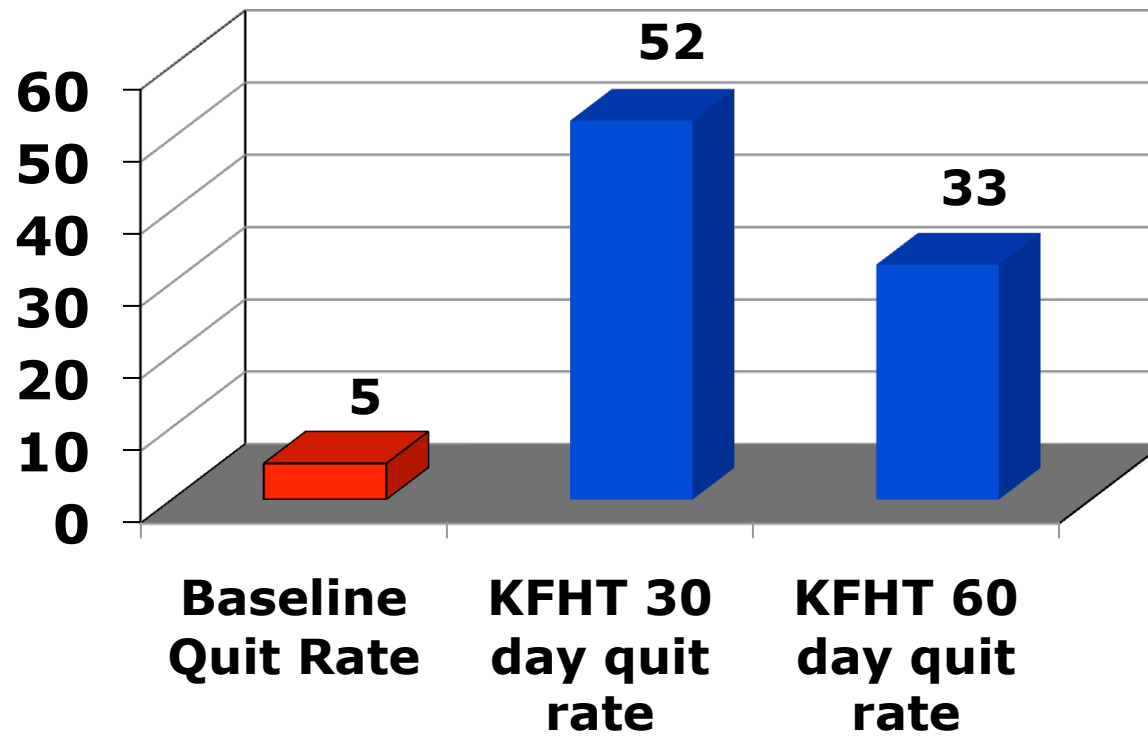
- STEP 1 - Set Your Quit Datepg 4
- STEP 2 - Choose a Quit Smoking Medication.....pg 6
- STEP 3 - Choose Your Quit Smoking Follow-up Support.....pg 14
- STEP 4 - Prepare for Your Quit Datepg 16
- STEP 5 - Stay Quitpg 18



KFHT Outcomes using OMSC



KFHT Outcomes using OMSC October 2012



AGENDA: OMSC in action at the Kingston FHT

Chris

- Tobacco Treatment Workflows at KFHT

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MD/NP Workflow

RECOMMENDED ACTIVITY	RESPONSIBLE TEAM MEMBER	WHO	WHAT	Documentation	KFHT TARGET
ADVISE AND REFER 2mins	MD/NP	Patients with pink post-it on exam room door	<ul style="list-style-type: none"> - Deliver strong personalized advice to quit with offer of support. - Assess readiness to quit smoking (Are you ready to quit in the next 30 days?) - Provide self-help material if patient requests - Advise pt to schedule appointment with RN for patients ready to quit in next 30 days. - Add billing code if applicable - 1st visit:E079 	Document in EMR "Exam" tab under group sign 'Smoking Advice' Optional: Document in Chart Note with template 'Smoking Cessation Advice' Add billing codes	60% of patients advised Visit scheduled within 7-10 days

Profile (CPP) Prblems Notes Exam Forms Meds,Allergy Lab,Proced Consult Immun Family Hx Alert,Recall

Physical Signs/Symptoms

Date	Item	Data	Units	Result	Provider	Notes	Image	Created	Time	By	Encr #
10-Dec-2011	HR		bpm		ARTHRITIS SOCIETY			10-Dec-2011 11:41:53		TO	
10-Dec-2011	BMI	20			ARTHRITIS SOCIETY			10-Dec-2011 11:41:55		TO	
17-Jan-2012	Pain all over	y			DUBIN, RUTH	Yes		17-Jan-2012 14:00:51		BR	2084947
17-Jan-2012	Pain+general fatigue	y			DUBIN, RUTH	Yes					
17-Jan-2012	Pain feels like burn	n			DUBIN, RUTH	Yes					
17-Jan-2012	Pain/unusual senses	y			DUBIN, RUTH	Yes					
17-Jan-2012	Pain/ health problem	y			DUBIN, RUTH	Yes					
17-Jan-2012	pain sig impact	y			DUBIN, RUTH	Yes					
17-Jan-2012	Pain Score	5/6			DUBIN, RUTH	Yes					
17-Jan-2012	Tobacco last 7 days		Y or N		DUBIN, RUTH	Yes					
17-Jan-2012	Tobacco last 6 mons		Y or N		DUBIN, RUTH	Yes					
19-Jan-2012	BP				ARTHRITIS SOCIETY						
19-Jan-2012	HR				ARTHRITIS SOCIETY						
31-Jan-2012	Height	160	cm		ARTHRITIS SOCIETY						
31-Jan-2012	Weight	45	kg		ARTHRITIS SOCIETY						
31-Jan-2012	BPTru	130/80	mmHg		ARTHRITIS SOCIETY						
31-Jan-2012											
31-Jan-2012											
17-Feb-2012											
17-Feb-2012	Sign										
17-Feb-2012	Smoking Advice		Y								
24-Feb-2012	Smoking Readyto Quit		Y or N								
01-Mar-2012											
01-Mar-2012											
28-Mar-2012											
28-Mar-2012											
28-Mar-2012											
12-Jun-2012											
25-Jun-2012	child weight	12.0	kg		WHITE, CAROL			10-Jul-2012 17:39:58		KLOVE	
25-Jun-2012	BMI	5			WHITE, CAROL			10-Jul-2012 17:39:58		KLOVE	

Adding Physical Sign for TEST, JOE

Date:
Provider:

Sign:
Data:
Units:

Result:
(Physical signs group selected)

Image:
Created | Updated | Encr Link |

Notes:
User BR | Date 04-Oct-2012

Physical # 914541
Time 13:45:45

Adding Physical Signs Group

Physical Signs	Sign	Data	Units	Result	Notes
	Smoking Advice		Y		Smoking
	Smoking Readyto Quit		Y or N		

Nurse Workflow

RECOMMENDED ACTIVITY	RESPONSIBLE TEAM MEMBER	WHO	WHAT	Documentation	KFHT TARGET
ACT 20 mins	Nurse	Patients ready to quit in next 30 days	<ul style="list-style-type: none"> - Review Tobacco Use Survey after MD visit - Call the group that indicates they would like to quit in 6 months for follow up and to see if they are ready to book Quit Plan visit - Conduct Quit Plan Visit with the 'KFHT – Smoking Quit Plan' template - Complete Consult - Print and fax consult to UOHI - Send Tobacco Use Survey to scanner for scanning 	Complete Quit Plan patient visit encounter note using the template 'KFHT – Smoking Quit Plan' Complete consult to "KFHT – OMSC referral" and attach completed Quit Plan Encounter Note and Tobacco Use Survey.	60% of patients who are referred to the ready to quit visit complete the visit within 1-week of being booked.

The screenshot displays a medical software interface with two main windows. The top window, titled "Adding Consultation for TEST, JOE", shows appointment details for a patient named TEST, JOE. The requester is WEBSTER, COLLEEN, and the provider is KFHT - SMOKING CESSATION. The appointment status is "Ordered".

The bottom window, titled "HS Editor - Consultation Request Notes (editing)", shows a printed document. The document header includes "UNIVERSITY OF OTTAWA" and "HEART INSTITUTE". The main heading is "OTTAWA MODEL FOR SMOKING CESSATION IN PRIMARY CARE" with a sub-heading "QUIT PLAN".

The document content includes patient information:

- Patient ID: [Redacted]
- Last Name: TEST
- First Name: JOE
- Address: 000 NEVERLAND LANE, #000
- City: KINGSTON Postal Code: K7L 3G4
- Tel: 000-000-0000 Date of Birth: February 13, 1974

 Preferred Language: [X] English [] French [] Other: [X] First Visit [] Annual Exam/Health Review [] Other Visit

Counselor: BONNIE RAMSAY Date of Visit: October 04, 2012
 Referring Physician: Dr. DAVID PINKERTON

The "ASSIST:" section states: "Provided patient with copy of 'Your Quit Smoking Plan' Reviewed potential for changes in mood related to quitting smoking Reviewed medication information with patient"

The interface also shows a list of services at the bottom, including "BAGOT ST. DIABETES CLINIC", "BRAMPTON CIVIC HOSPITAL", "NUTRISTYLE", "KFHT - VANDENBOS REFERRAL", "COLORECTAL CANCER SCREENING", "DUBIN, RUTH", "COMMUNITY CARE ACCESS", "CHRONIC PAIN DR. DUBIN", "DAVIDSON, JUDITH KFHT", "ADULT MENTAL HEALTH SERVICES", and "COLON SCREENING CLINIC".

Patient Feedback

Sent: Thursday, April 07, 2011 11:32 PM

To: Chris Harris

Subject:

Hi Chris,

Just checking in to let you know how I'm doing. I DID IT!!!!!!!!!!!!!!!!!! I quit smoking as of March 30th, one day before quit date and, haven't had any since. I am very proud of myself.

I still take the Champix as I still would like a smoke after eating but, I'm sure that will pass soon. I am putting on weight, I can feel it. Hope that feeling also goes away soon.

Just wanted to let you know. Thanks for everything.

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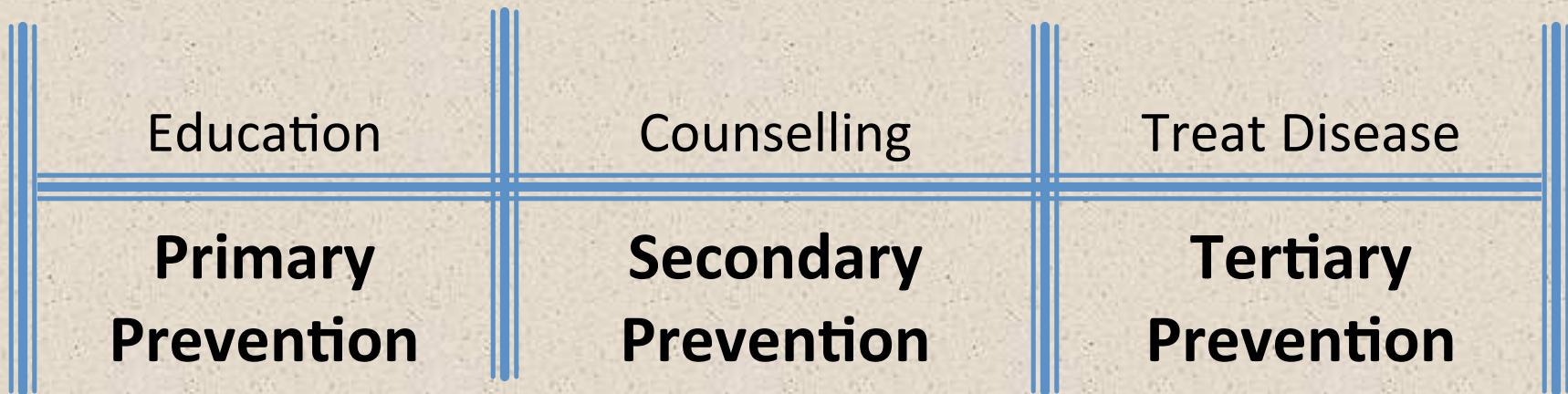
All

- Questions - Handouts

World Health Organization (WHO)

MODEL OF PREVENTION

CIRCA 1980



EDUCATION - DANGERS
RESTRICT - AVAILABILITY
LEGAL/ILLEGAL - ENFORCEMENT
DE-NORMALIZE

COUNSELL
THOSE AFFECTED/ADDICTED

TREAT RESULTING
DISEASES

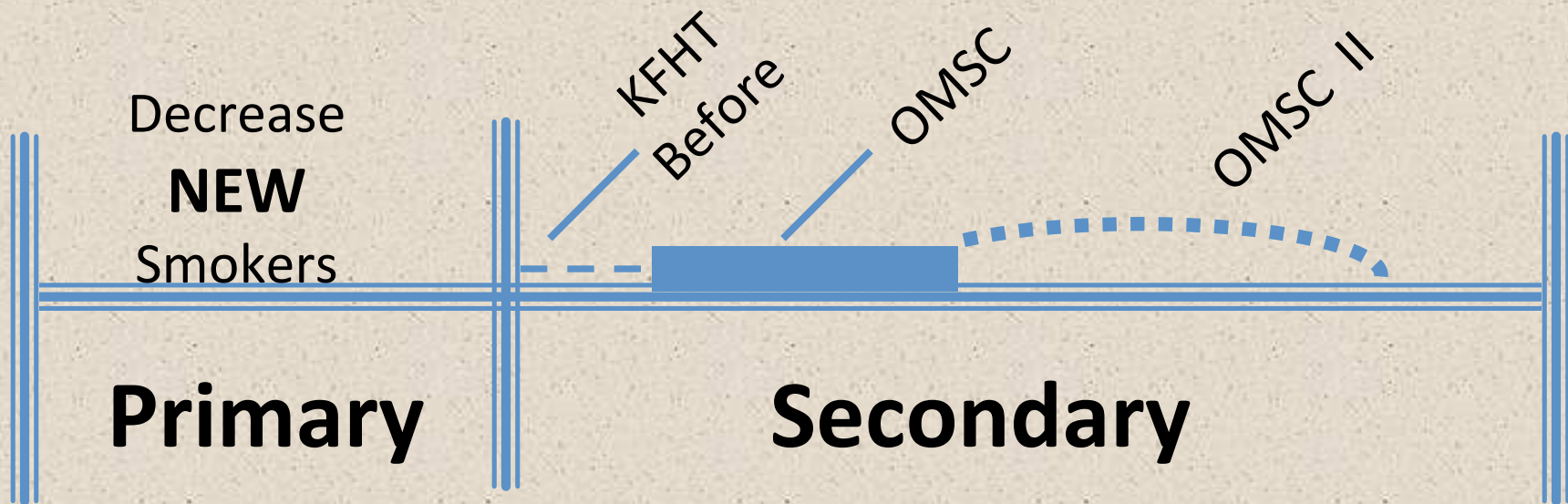
CORINARY DISEASE
CANCER
COPD
MANY OTHERS

Community
Public Health
Government

FHTs
Clinics

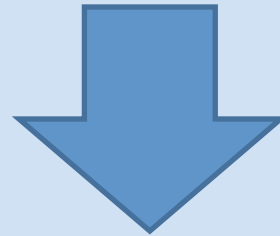
Hospitals

WHERE THE ACTION IS AT ... FHTs



and the \$\$ need to follow

- 1970 – 45% OF ONTARIANS SMOKED
- 2010 – **19% STILL SMOKING**



= **5,500** out of **30,000** KFHT Patients

LES COMMENTAIRES SONT APPRÉCIÉS
WE WELCOME YOUR COMMENTS

1-800-267-1877
www.18002671877.ca

Estimated Deaths in Canada, 1996

- Murders - 510
- Alcohol - 1,900
- Car accidents - 2,900
- Suicides - 3,900

WARNING

**EACH YEAR, THE EQUIVALENT
OF A SMALL CITY DIES
FROM TOBACCO USE**



Tobacco - 45,000

Health Canada



16

JOHN PLAYER

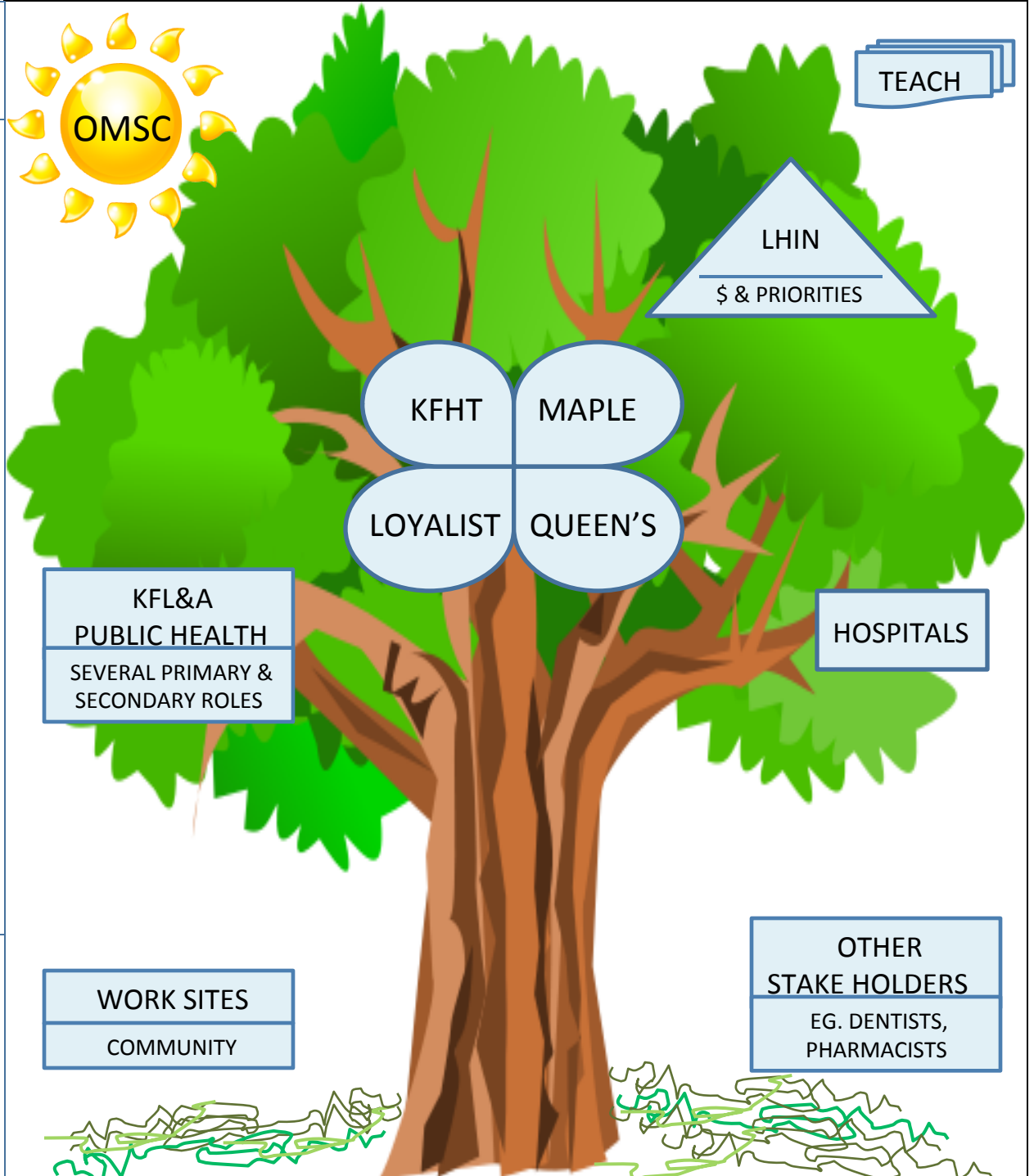
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Intervention	NNT to save one life
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Blood pressure control with diuretics	34
Mammography	205
Papanicolaou smear	534
Pneumococcal vaccine	716

Our Goals...

- Reach all smokers{5,500}
- Improve follow up
- Learn from each other (FHTs, Hospitals, Public Health)
- Share specialty resources (Groups)
- Enhance the model to include psychology & lifestyle.

More Collaboration...



Please... S.V.P.

**We play here.
Nous jouons ici.**

**Smoke-Free Outdoor Spaces
Recommendations**

Learn more about the recommendations that KFL & A Public Health recommended to the City of Kingston

[Learn more](#)

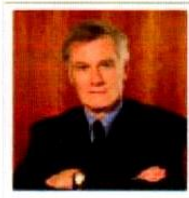
1 2 3 4 5 6 7 8 9

All Promoc



**Online
Immunization
Clinic Bookings**

Book an appointment for your child or family.



**Dr. Gemmill's
Blog**

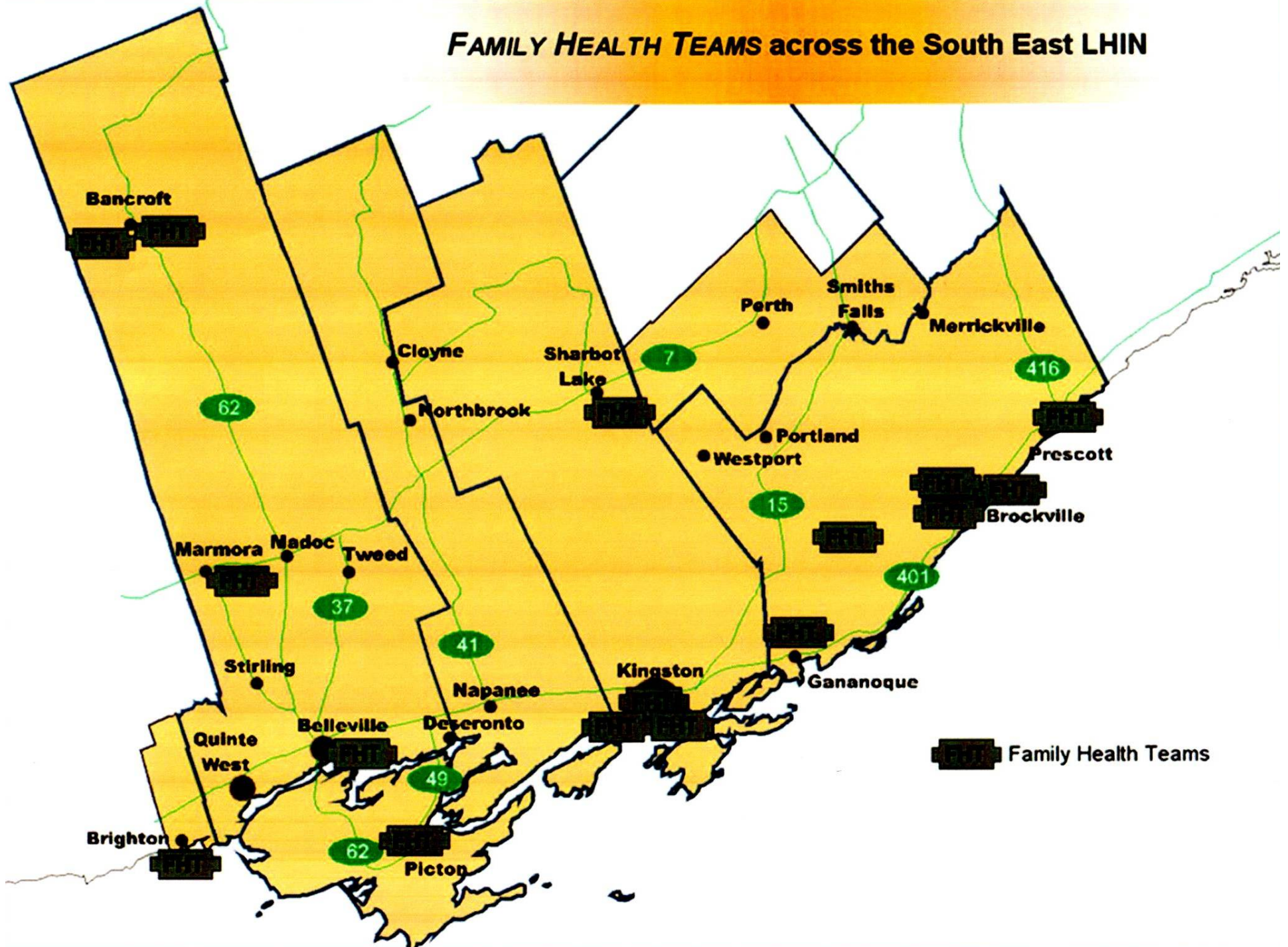
Timely articles on what's happening in public health.



**Health
Informati
by Topic**

A compreh-
on topics re
your health

FAMILY HEALTH TEAMS across the South East LHIN



 Family Health Teams