

Medical Assistance with Smoking and Tobacco Use Cessation

Smoking and tobacco use are the leading causes of preventable morbidity and mortality in the United States. In 2018, 11.2% of adults in California smoked versus the national rate of 16.1%.¹ Within California smokers in 2017, 3% used e-cigarettes and 1.6% used smokeless tobacco.¹

It is important for healthcare providers to offer support and resources to patients who wish to quit smoking or using tobacco. The Healthcare Effectiveness Data and Information Set (HEDIS) measure, Medical Assistance With Smoking and Tobacco Use Cessation (MSC), evaluates performance using the following three components in adults ≥ 18 years:²

Advising Smokers and Tobacco Users to Quit	% of members who are current smokers or tobacco users and who received cessation advice during the measurement year
Discussing Cessation Medications	% of members who are current smokers or tobacco users and who discussed or were recommended cessation medications during the measurement year
Discussing Cessation Strategies	% of members who are current smokers or tobacco users who discussed or were provided cessation methods or strategies during the measurement year

The following are CalOptima's formulary smoking cessation medications:³

Label Name	Type	Strengths	Dosing
Chantix (varenicline)	Tablet (Rx)	0.5 mg	Days 1-3: 0.5 mg once daily Days 4-7: 0.5 mg twice daily Day 8 and later: 1 mg twice daily x 11 weeks Start Chantix, then quit on day 8 (fixed) or days 8-35 (flexible)
		1 mg	
		Starting Month Box Continuing Month Box	
Zyban (bupropion SR)	Tablet (Rx)	150 mg	Days 1-3: 150 mg once daily Day 4 and later: 150 mg twice daily x 7-12 weeks Start at least 1 week before target quit date
Nicotine Polacrilex	Lozenge (OTC)	2 mg 4 mg*	Weeks 1-6: 1 lozenge every 1-2 hours Weeks 7-9: 1 lozenge every 2-4 hours Weeks 10-12: 1 lozenge every 4-8 hours Max: 5 lozenges/6 hours or 20 lozenges/day
	Gum (OTC)		Weeks 1-6: 1 piece every 1-2 hours Weeks 7-9: 1 piece every 2-4 hours Weeks 10-12: 1 piece every 4-8 hours Max: 24 pieces/day
Nicotine Transdermal	24-hour Patch (OTC)	7 mg 14 mg 21 mg	Patients smoking > 10 cigarettes/day: 21 mg/day x 6 weeks → 14 mg/day x 2 weeks → 7 mg/day x 2 weeks Patients smoking ≤ 10 cigarettes/day: 14 mg/day x 6 weeks → 7 mg/day x 2 weeks
Nicotrol NS	Nasal Spray (Rx)	10 mg/mL	1-2 sprays in each nostril/hour, adjust dose to patient response Min: 8 sprays/nostril/day Max: 5 sprays/nostril/hour (40 sprays/nostril/day) or 3 months of treatment
Nicotrol Cartridge Inhaler	Inhaler (Rx)	10 mg/cartridge	6-16 cartridges/day (20 minutes of continuous puffing) for up to 12 weeks Max: 16 cartridges/day; discontinue if unable to stop smoking by week 4

* 4 mg dose of lozenge and gum used for patients who smoke their 1st cigarette within 30 minutes of waking up

Members can obtain more information about no-cost tobacco and smoking cessation from the following resources:

- The CalOptima Health and Wellness – Tobacco Cessation at 1-714-246-8895
 - Services available through telephone, face to face meetings, or referral to group classes: www.CalOptima.org/en/HealthandWellness/TobaccoCessation.aspx
- The California Tips Campaign at 1-800-QUIT-NOW or the California Smokers' Helpline at 1-800-NO-BUTTS
- The Orange County Tobacco Use Prevention Program at 1-866-NEW LUNG or visit www.1866NewLung.com

References

- Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data [online]. 2015. Accessed Mar 5, 2020.
- The National Committee for Quality Assurance. Medical Assistance with Smoking and Tobacco Use Cessation. 2020. Accessed Mar 5, 2020.
- Lexicomp Online. Lexi-Drugs, Wolters Kluwer Clinical Drug Information. 2020. Accessed Mar 5, 2020.

The CalOptima Approved Drug List is available on our website: www.caloptima.org
and for PDA download at www.epocrates.com