

Clinical Practice Guideline

Treating Tobacco Use And Dependence 2008 Update



U.S. Department of
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Treating Tobacco Use And Dependence 2008 Update Clinical Practice Guideline

KJ Lindholm-Leary



Treating Tobacco Use And Dependence 2008 Update Clinical Practice Guideline:

Treating Tobacco Use and Dependence: 2008 Update: Clinical Practice Guideline, 2009 Treating Tobacco Use and Dependence U. S. Department Human Services, Public Service, 2013-06-21 Treating Tobacco Use and Dependence 2008 Update is a product of the Tobacco Use and Dependence Guideline Panel consortium representatives consultants and staff This Guideline is an updated version that contains strategies and recommendations designed to assist clinicians tobacco dependence treatment specialists and health care administrators insurers and purchasers in delivering and supporting effective treatments for tobacco use and dependence The recommendations were made as a result of a systematic review and meta analysis of 11 specific topics identified by the Panel The key recommendations of the updated Guideline are as follows The overarching goal of these recommendations is that clinicians strongly recommend the use of effective tobacco dependence counseling and medication treatments to their patients who use tobacco and that health systems insurers and purchasers assist clinicians in making such effective treatments available 1 Tobacco dependence is a chronic disease that often requires repeated intervention and multiple attempts to quit Effective treatments exist however that can significantly increase rates of long term abstinence 2 It is essential that clinicians and health care delivery systems consistently identify and document tobacco use status and treat every tobacco user seen in a health care setting 3 Tobacco dependence treatments are effective across a broad range of populations Clinicians should encourage every patient willing to make a quit attempt to use the counseling treatments and medications recommended in this Guideline 4 Brief tobacco dependence treatment is effective Clinicians should offer every patient who uses tobacco at least the brief treatments shown to be effective in this Guideline 5 Individual group and telephone counseling are effective and their effectiveness increases with treatment intensity Two components of counseling are especially effective and clinicians should use these when counseling patients making a quit attempt Practical counseling problemsolving skills training Social support delivered as part of treatment 6 Numerous effective medications are available for tobacco dependence and clinicians should encourage their use by all patients attempting to quit smoking except when medically contraindicated or with specific populations for which there is insufficient evidence of effectiveness i e pregnant women smokeless tobacco users light smokers and adolescents Seven first line medications 5 nicotine and 2 non nicotine reliably increase long term smoking abstinence rates Bupropion SR Nicotine gum Nicotine inhaler Nicotine lozenge Nicotine nasal spray Nicotine patch Varenicline Clinicians also should consider the use of certain combinations of medications identified as effective in this Guideline 7 Counseling and medication are effective when used by themselves for treating tobacco dependence The combination of counseling and medication however is more effective than either alone Thus clinicians should encourage all individuals making a quit attempt to use both counseling and medication 8 Telephone quitline counseling is effective with diverse populations and has broad reach Therefore both clinicians and health care delivery systems should ensure patient access to quitlines and promote quitline use

9 If a tobacco user currently is unwilling to make a quit attempt clinicians should use the motivational treatments shown in this Guideline to be effective in increasing future quit attempts 10 Tobacco dependence treatments are both clinically effective and highly cost effective relative to interventions for other clinical disorders Providing coverage for these treatments increases quit rates Insurers and purchasers should ensure that all insurance plans include the counseling and medication identified as effective in this Guideline as covered benefits *Clinical Practice Guideline Tobacco Use and Dependence Panel*, U. S. Department of Health, 2008-05-01 Treating Tobacco Use and Dependence 2008 Update a Public Health Service sponsored Clinical Practice Guideline is a product of the Tobacco Use and Dependence Guideline Panel the Panel consortium representatives consultants and staff These 37 individuals were charged with the responsibility of identifying effective experimentally validated tobacco dependence treatments and practices The updated Guideline was sponsored by a consortium of eight Federal Government and nonprofit organizations the Agency for Healthcare Research and Quality AHRQ Centers for Disease Control and Prevention CDC National Cancer Institute NCI National Heart Lung and Blood Institute NHLBI National Institute on Drug Abuse NIDA American Legacy Foundation Robert Wood Johnson Foundation RWJF and University of Wisconsin School of Medicine and Public Health s Center for Tobacco Research and Intervention UW CTRI This Guideline is an updated version of the 2000 Treating Tobacco Use and Dependence Clinical Practice Guideline that was sponsored by the U S Public Health Service U S Department of Health and Human Services **Treating Tobacco Use and Dependence** Michael Fiore, 2008-01-01 **Functional Preservation and Quality of Life in Head and Neck Radiotherapy** Paul M. Harari, Nadine P. Connor, Cai Grau, 2009-06-12 The emphasis on cancer management in the past was based primarily on control rates from multidisciplinary input in management There has always been a recognition that one would like to achieve the best result with the least complication but never has there been any major emphasis on evidence based outcome studies nor on functional preservation and quality of life The authors of this book have dealt very effectively with the various tumor types in head and neck cancer with the experts in the field of management The contents range from epidemiology and treatment outcome treatment techniques with the potential impact on the quality of life such as dysphagia to the various options relative to high technology radiation therapy programs for management The potential for improving form and function through surgical care as an integrated part of the program is dealt with very effectively as well as the potentials for chemotherapy and the use of targeted agents have on quality of life issues The volume also addresses toxicity quality of life and techniques for prevention of adverse effects as well as the potentials for rehabilitation and supportive care The authors have clearly done an extraordinarily good job in addressing the multiplicity of problems that impact upon the functional preservation and quality of life in head and neck radiation therapy Philadelphia Luther W **Treating Tobacco Use and Dependence - Quick Reference Guide for Clinicians** U. S. Department Human Services, Department of Health and Human Services, Public Health Service, 2013-06-21 The Quick Reference Guide for Clinicians contains strategies and

recommendations from the Public Health Service sponsored Clinical Practice Guideline Treating Tobacco Use and Dependence 2008 Update The guideline was designed to assist clinicians smoking cessation specialists and healthcare administrators insurers and purchasers in identifying and assessing tobacco users and in delivering effective tobacco dependence interventions It was based on an exhaustive systematic review and analysis of the extant scientific literature from 1975 2007 and uses the results of more than 50 meta analyses The Quick Reference Guide for Clinicians summarizes the guideline strategies for providing appropriate treatments for every patient Effective treatments for tobacco dependence now exist and every patient should receive at least minimal treatment every time he or she visits a clinician The first step in the process identification and assessment of tobacco use status separates patients into three treatment categories 1 tobacco users who are willing to quit should receive intervention to help in their quit attempt 2 those who are unwilling to quit now should receive interventions to increase their motivation to quit and 3 those who recently quit using tobacco should be provided relapse prevention treatment Tobacco is the single greatest cause of disease and premature death in America today and is responsible for more than 435 000 deaths annually About 20 percent of adult Americans currently smoke and 4 000 children and adolescents smoke their first cigarette each day The societal costs of tobacco related death and disease approach 96 billion annually in medical expenses and 97 billion in lost productivity However more than 70 percent of all current smokers have expressed a desire to stop smoking if they successfully quit the result will be both immediate and long term health improvements Clinicians have a vital role to play in helping smokers quit The analyses contained within the Clinical Practice Guideline Treating Tobacco Use and Dependence 2008 Update demonstrated that efficacious treatments for tobacco users exist and should become a part of standard care giving Research also shows that delivering such treatments is cost effective In summary the treatment of tobacco use and dependence presents the best and most cost effective opportunity for clinicians to improve the lives of millions of Americans nationwide

Berek & Novak's Gynecology Essentials

Jonathan S. Berek, 2020-04-21 Derived from the bestselling Berek Novak's Gynecology this concise easily accessible reference presents essential information in gynecology in a highly readable fully illustrated format Berek Novak's Gynecology Essentials includes the most clinically relevant chapters tables and figures from the larger text carefully compiled and edited by Dr Berek and ideally suited for residents nurse practitioners physician assistants midwives and other healthcare providers

Treating Tobacco Use and Dependence, 2008 This Guideline is an updated version of the 2000 Treating Tobacco Use and Dependence Guideline It contains strategies and recommendations designed to assist clinicians tobacco dependence treatment specialists and health care administrators insurers and purchasers in delivering and supporting effective treatments for tobacco use and dependence

The Oxford Handbook of Health Psychology Howard S.

Friedman, 2014-02 The Oxford Handbook of Health Psychology brings together preeminent experts to provide a comprehensive view of key concepts tools and findings of this rapidly expanding core discipline

Annual Review of

Nursing Research, Volume 27, 2009 ,2009-12-28 This volume sets the stage for understanding the evolution and importance of nursing science in the field by providing a brief historical overview of the tobacco epidemic and emerging science describing changing trends in tobacco use reviewing health risks of smoking and benefits of quitting reviewing concepts in nicotine addiction and evidence based recommendations for tobacco dependence treatment Also highlighted are nursing science efforts and leadership in addressing two barriers to mounting programs of nursing research in tobacco control the lack of nursing education and training in tobacco control and the limited research funding and mentorship Finally the contributors to this volume address the issue of smoking in the profession as it influences nurses health interventions with patients and potentially scholarship efforts

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