

TOBACCO CESSATION PROTOCOL for DENTISTRY and DENTAL HYGIENE

Offering support to patients for tobacco cessation is a **standard of care** for patients of the School of Dentistry, University of Alberta. For every patient who uses tobacco:

ASK: Identify the tobacco user. Ask them to fill out a Tobacco Use Assessment form (available on AxiUm) (DHYG II students exempt.)

ADVISE: In a personalized, nonthreatening manner, recommend that quitting tobacco would be the best thing for the patient's health and oral health. Let the patient know of any tissue changes or risks associated with tobacco use.

REFER: If interested in quitting, ask the patient if you may refer them directly to the *AlbertaQuits Helpline* using a fax referral. If they refuse a fax referral, offer them a free QUIT KIT (available from dispensary) or the address of the online program called www.albertaquits.ca

TOBACCO USE ASSESSMENT FORM...for every patient who uses tobacco. All patients who use tobacco will be asked to fill out a *Tobacco use Assessment Form* as an extension of the medical history. (JR DHYG students exempt). This form is on AxiUm and does not need to be approved. Enter in the **treatment notes** that a *Tobacco Use Assessment* form was completed, patient was offered referral to a support program, patient declined/ accepted the referral, etc. This will be approved by the instructor when they approve the notes for that appointment; no separate approval necessary.

FAX REFERRAL for TOBACCO CESSATION COUNSELLING...for patients interested in quitting tobacco. Alberta Health Services has a tobacco cessation **telephone support** line that runs from 8:00 am until 8:00 pm, seven days a week, called **AlbertaQuits Helpline**. Refer a patient directly by filling out a hard copy **fax referral form** found in the student mailbox room. Patient Services will fax the form for you. They will scan it and add it to the patient chart. The *Helpline* will phone the patient and will counsel them on setting a plan to quit tobacco. Encouragement, follow-up phone calls, quitting tips and other information is provided by trained counselors.

ONLINE SELF-HELP for TOBACCO USERS... Refer patients to the excellent online support for quitting: www.albertaquits.ca

QUIT KITS...for patients interested in quitting tobacco use. There are **QUIT KITS** at the clinic dispensary for people interested in quitting tobacco. These kits have self-help booklets, a magnet with helpline numbers, and a toothbrush. These are FREE for tobacco users. See attachment for a picture of a QUIT KIT.

RESOURCES for PRIVATE PRACTICE...free resources for patients interested in quitting tobacco use. To order free fax referral forms, pamphlets and QUIT KITS for your private dental or dental hygiene practice: www.tobaccofreefutures.ca