



# Tobacco Program

## SUMMARY

The St. Luke's Tobacco Addiction Treatment Center received funding from the Pennsylvania Department of Health through Tobacco Free Northeast to provide individual and group cessation counseling. Tobacco use treatments are both clinically effective and cost effective. In fact, tobacco use treatment has been referred to as the "gold standard" of health care cost effectiveness. With tobacco cessation program funding continually being reduced over the past several years, our focus has been to train clinicians on cessation counseling methods so it can be integrated into their existing clinical practices.

## HIGHLIGHTS & SUCCESSES

- Partnered with three worksites in the Lehigh Valley to provide cessation counseling to their employees and guidance on worksite cessation policies. The worksites were Pinebrook Family Answers, Crayola and Daybreak.
- Integrated cessation counseling into the St. Luke's Employee Wellness Program – Caring Starts with You. Employee Wellness Program staff have been trained to provide cessation counseling to employees and to work with providers to recommend pharmacotherapy.
- Trained the St. Luke's Dental Clinic staff, specifically the dental hygienists, to provide brief cessation education to dental patients who smoke.
- Trained the Behavioral Health Specialist for ASC at St. Luke's Hospital to provide cessation counseling to HIV positive patients.
- 70% quit rate for worksite cessation programs.
- ASC at St. Luke's Hospital has a 47% tobacco use rate, which is much higher than the national average. ASC monitors tobacco use by screening all patients and ensuring those that report tobacco use are seen by a counselor. 94% of patients have been screened and received the appropriate follow-up if tobacco use was reported.

## CHALLENGES & NEXT STEPS

- Tobacco Cessation program funding has significantly decreased over the past 10 years and insurance reimbursement for counseling is low. In order to maintain successful cessation efforts within the network, we are working with clinical practices to ensure clinicians are providing brief cessation interventions to patients who smoke, which is indicated a best practice model by the Agency for Healthcare Research and Quality.