CCMP Guidelines for CPP: TOBACCO CESSATION

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| **Goals** | | 1. Enhance employability by helping the student to quit tobacco use. 2. Educate students on the health risks associated with tobacco use. 3. Reduce tobacco related health consequences. 4. Optimize cessation counseling and pharmacotherapy whenever appropriate. 5. Implement smoking cessation therapy and regularly scheduled follow-up visits. |
| Yes | No | Career Preparation Period |
|  |  | Establish a Smoking Cessation Action Plan for each student who smokes |
|  |  | Identify students who are underage smokers (< 18 years) with unique ID badges |
|  |  | Remind underage smokers of the consequences for breaking the applicable state law |
|  |  | Obtain a smoking history by assessing the frequency and number of cigarettes used daily, as well as the length of time since onset of smoking |
|  |  | Obtain history of the use of smokeless tobacco such as chewing tobacco and snuff |
|  |  | Review previous cessation history (i.e., question regarding quitting attempts in the past, the number of attempts, length of cessation, cessation technique – “cold turkey”, nicotine patch, nicotine gum, bupropion, varenicline, etc.) |
|  |  | Plan visit schedule based on student’s desire to quit, but more often for students who choose pharmacotherapy (at least monthly) |
|  |  | Clinical assessment for appropriate pharmacotherapy choice for cessation, if indicated |
|  |  | Mandatory TUPP/smoking cessation enrollment if student desires to quit or has been prescribed any form of cessation pharmacotherapy |
|  |  | Discuss methods of coping with stressors |
|  |  | Encourage students to reduce or eliminate tobacco exposure |
|  |  | Review medical history for chronic medical conditions such as asthma, diabetes, sleep apnea, hypertension, allergic rhinitis, etc. that are directly impacted by smoking |
|  |  | Educate students about potential complications of smoking and tobacco use:  *“The evidence is sufficient to infer a causal relationship between smoking and . . .”*   |  |  | | --- | --- | | * bladder cancer * cervical cancer * esophageal cancer * gastric cancer * laryngeal cancer * leukemia * lung cancer * oral cancer * pancreatic cancer * renal cancer * aortic aneurysm | * atherosclerosis * stroke * coronary heart disease * COPD * pneumonia * impaired lung growth in childhood and adolescence * early onset of declining lung function in late adolescence * respiratory symptoms in childhood and adolescence | |
|  |  | Educate student about lifestyle choices:   * Weight management * Encourage fruits, vegetables, low fat milk, increased fiber * Avoid soda and fruit juices * Encourage aerobic physical activity (30 minutes per day, 5 days per week) * Avoid sedentary lifestyle (limit TV and other screen time) * Avoid smoking * Limit alcohol use |
|  |  | Educate student on smoking and tobacco use as it relates to employment |