AN INTERDISCIPLINARY APPROACH TO TREATING TOBACCO DEPENDENCE FOR PERSONS WITH COMORBID BEHAVIORAL HEALTH AND PRIMARY CARE CONDITIONS

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Better Health
Better Quality
Lower Cost

Triple Aim
Trends in U.S. Adult Smoking

At-risk populations smoke at rates 2-3 times higher than the general population.

17.8% of adults are current smokers

Tobacco Use

Psychiatric Condition

Physical Comorbidity
Continuity-of-Care

• No single perspective is sufficient
• Prevention and whole health focus
• All healthcare providers have a role
• Collaborative care and communication are essential

Interdisciplinary Team: Psychologist
Evidence-Based Guidance

Supplements
- Behavioral Health
- Youth (Ages 11-18)
- Young Adults (18-25)
- Low-Income
- Pregnant and Post Partum

MI Video Modules

http://www.bhwellness.org/resources/toolkits/

A Patient-Centered Approach

- Bio-psycho-social care
  Meet the client where they are at
- Level of tobacco dependence
  Fagerstrom + CO level
- Assess psych history
  Psych symptoms v. withdrawal
  Monitor for worsening symptoms
- Assess med levels
- Medical history
Treatment

- Awareness Education
  Motivational Interviewing
  Mindfulness
- Skills Building
  Cognitive Behavioral Therapy
  Acceptance and Commitment Therapy
- Providing Opportunity
  Goals setting
  Self efficacy

Interdisciplinary Team: Social Worker
Quality of Life

- Health
- Social Relationships
- Work
- Financial
- Belonging
- Personal Safety
- Emotional
- Environment

Tips for Talking

- Motivational Interviewing
- Individual assessment
- Incremental change/CBT
- Group
Environment

- Triggers
- Skill development
- Withdrawal

Working with Medical Issues

- Keep current with chronic issues
- Patient understanding of tobacco’s impact
- Enlist help to educate
- Contraindications
- Prescriber in the loop
- Access/ prior auth
The Payoff

Interdisciplinary Team: Nurse

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Your full circle of care.
www.hunterdonhealthcare.org
Training and Certification

- CTTTP are the foundation
- Train-the-trainer programs
- Change agent on individual, organizational, and community levels
- Clinical knowledge-base and leadership skills

Why Nurses?

- Strategically situated to make an impact
- Most trusted healthcare professional
- EBP, holistic approaches, and cultural competency
- Extensive access to clients
- Brief cessation interventions (Ask-Advise-Refer)
Approaches

- Complex chronic disease conditions
- Autonomy/ self-management skills / lifestyle modifications
- Quality referrals
- Monitor pharmacotherapy
- Validate fears and concerns
- Support, coach and congratulate!

Disparities and Cultural Considerations

- Disparities are primary concern
- Cultural sensitivity and awareness
- Advocate and support funding
- Behavioral health clients
- Collaborations, partnerships, networks
Take-Aways

- Largest workforce in healthcare
- Advocates for health and wellness
- Tobacco dependence is a chronic disease
- Influence change via collaborative relationships, protocols, policies, and a population-health focus

Association for the Treatment of Tobacco Use and Dependence

An organization of providers dedicated to the promotion of and increased access to evidence-based tobacco treatment for the tobacco user.

www.attud.org

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