

The Minnesota Dental Clinic (Stop Tobacco) Fax Referral Program

As oral health care professionals, we are aware that tobacco use is one of the most significant causative/contributing factors for both oral cancers and periodontal diseases. Periodontal treatment and dental implant outcomes are also not as successful with tobacco using patients.

Dental offices/clinics have always emphasized prevention, have personnel with educating and motivating skills, see their patients on a recurring basis for fairly long appointments, and therefore are ideal settings to encourage and assist their patients in attempts to become tobacco-free. Patients appreciate this added value dental service.

The Minnesota Dental Fax Referral Program is a free phone-based tobacco cessation dental office service available to ALL Minnesotan's.

Call it Quits is a collaborative with Minnesota's Health Plans and ClearWay Minnesota.

The Minnesota Fax Referral Program allows the dental staff to fax a single form to the tobacco phonenumber and then the patient receives a call from a coach to explain the program and invite the patient to enroll.

The following is the Dental Fax Referral Workflow:

- The tobacco use status of each patient is assessed and documented in the patient's record. This may be done at any dental visit, but the dental hygienist should play a leading role
- For those patients **not** interested in quitting:
 - Raise their awareness of the oral effects of tobacco use in a nonjudgmental, sensitive manner
 - Let them know your office would be happy to help them if they do decide to quit
- **Ask those interested in becoming tobacco free if they are willing to talk on the phone with a tobacco cessation coach**
- If they are:
 - Have them fill out the middle part of the Minnesota Tobacco Quitline Fax form (the form will include your clinic registration number)
 - Document in the progress notes that you talked about tobacco cessation and had the fax form filled out
- Bring the fax consent form to the reception desk
 - *The form is faxed to the MN Tobacco Quitlines*
 - Place the form in the patient's chart
 - *A MN Quitline coach will contact the patient within 3 days to discuss quitting techniques and help develop a plan*
 - The Quitline will fax the results of the patient contact back to the clinic
 - *The front desk should inform the referring provider and place the fax result in the patient's chart*

- For those patients interested in quitting but **not** interested in the phone-based program:
 - Recommend other tobacco cessation programs or strategies:
 - Provide self-help pamphlets
 - Refer to individual or group cessation programs
 - Encourage a quit date (if patient is ready)
 - Prescribe pharmacotherapy if there are no medical contraindications

This program will make it easier for the dental office to make referrals to the phone quitline for those tobacco using patients interested in becoming tobacco-free. Studies have shown this proactive program to help more tobacco users quit successfully. This **free** program is for **ALL Minnesotans** – whether or not covered by a health plan.

You may register by going to: www.preventionminnesota.com and click on Call it Quits – then Order/register now!

We have a wonderful opportunity in dentistry to improve our treatment results, help our patients improve their long term oral health, improve their quality of life, and add years to their lives. Helping our patients to stop using tobacco can do that.