

C3.4 – SMOKING CESSATION

Policy

As part of the health history, clients will be assessed on tobacco use. All clients who smoke or vape should be urged to discontinue smoking at each visit.

Procedure

Any client who smokes and is known to have children living with them should be told of the dangers of environmental smoke to the children.

All clients who smoke and are using estrogen contraceptives should be informed of their increased risk for vascular diseases and the recommendation to discontinue smoking or the estrogen contraceptive at age 35.

All clients who smoke or vape and may become pregnant should be informed about the potential negative health effects of smoking/vaping on their health and the health of their pregnancy.

Clients should be told that lung injury has been reported with the use of e-cigarettes and vaping.

Defective e-cigarette batteries have caused some fires and explosions, a few of which have resulted in serious injuries.

Children and adults have been poisoned by swallowing, breathing or absorbing e-cigarette liquid through their skin or eyes.

The protocol service is to utilize: Ask Advise and Refer (AAR) system.

Anytime a client has a condition which is caused by, exacerbated by or adversely affected by smoking or nicotine, smoking cessation should be discussed.

All clients should be given written materials about smoking cessation programs available in their area. Free resources include:

- <http://www.smokefree.gov/>
- <http://www.quitlineiowa.org/>

Date Revised	September 2023
References	Providing Quality Family Planning Services Recommendations of CDC and the U.S. Office of Population Affairs (QFP) [2014] https://www.hhs.gov/opa/guidelines/clinical-guidelines/quality-family-planning/index.html

Additional Resources

Ask Advise and Refer:

<https://idph.iowa.gov/tupc/quitting-tobacco/healthcare-provider-resources>

Centers for Disease Control and
Prevention:

<https://www.cdc.gov/tobacco/index.htm>