

# Tobacco Free Nurses Fact Sheet

## on the Joint Commission on Accreditation of Healthcare Organization's (JCAHO) Smoking Cessation Counseling Performance Measures

The Joint Commission evaluates the quality and safety of care for more than 15,000 health care organizations. In order to achieve and maintain accreditation, the Joint Commission requires accredited hospitals to collect and submit data on a variety of quality measures for patients with different diagnoses. These data can be compared across organizations. Recent measures address hospital's provision of smoking cessation advice/counseling for patients treated for acute myocardial infarction (heart attack), heart failure and pneumonia. These measures were implemented in 2002.

Tobacco Free Nurses

([www.tobaccofreenurses.org](http://www.tobaccofreenurses.org))

provides information and resources about how nurses can help all patients with smoking cessation. The following is provided as a brief overview to the JCAHO measures for smoking cessation counseling.

### WHICH PATIENTS ARE MANDATED TO RECEIVE SMOKING CESSATION COUNSELING?

Smoking cessation advice/counseling is required for all adults (18 years and older), who smoked cigarettes anytime during the year prior to hospitalization, and have *ICD-9-CM Principal Diagnosis Codes* of:

- acute myocardial infarction;
- heart failure; or
- pneumonia.

### HOW DOES JCAHO DEFINE ADULT SMOKING CESSATION COUNSELING?

A patient is considered to have received smoking cessation counseling, if there is medical record documentation indicating that a patient with a smoking history received at least one of the following:

- advice to stop smoking;
- brochures or handouts on smoking cessation;
- a smoking cessation aid such as nicotine patch, gum, nasal spray, inhaler, lozenge, or bupropion SR;
- viewed a smoking cessation video.

### WHY IS SMOKING CESSATION REQUIRED FOR THESE DIAGNOSES?

- Smoking cessation is essential for patients with these diagnoses.
- Continued smoking after a heart attack, heart failure, and pneumonia is associated with increased health risks.
- Smoking cessation may promote patients' medical recovery.
- Even brief smoking cessation advice is associated with increased quit rates.
- Hospitalization can be an ideal opportunity for patients to stop smoking.
- Smoking cessation counseling is not routinely provided to all patients.

### HOW CAN NURSES IN HOSPITALS HELP IMPROVE THEIR ORGANIZATION'S PERFORMANCE?

- Ensure that tobacco use is part of standard nursing assessment and is an integral part of a system record.
- Ensure that patients receive advice to quit from healthcare providers, including nurses. This means that all patients with these diagnoses who smoke must receive advice and counseling about the most effective strategies to stop smoking, including providing skills and training, social support, and the use of pharmacotherapy.
- Use the U.S. Public Health Service *Treating Tobacco Use and Dependence. Clinical Practice Guideline*, and the Agency for Healthcare Research and Quality *Helping Smokers Quit: A Guide for Nurses*, to develop and implement interventions that are effective in helping patients quit smoking.
- Provide community-based and national resources for smoking cessation follow-up and support after hospitalization.
- Refer patients to the national telephone quitline, 1-800-QUITNOW.

## Where can you get more information?

To get information on the Joint Commission's performance measures, visit [www.jcaho.org/pms/core+measures](http://www.jcaho.org/pms/core+measures).

To get information on cessation resources for nurses and patients, including the pocket guide for nurses and community-based resources, visit [www.tobaccofreenurses.org](http://www.tobaccofreenurses.org).

To order *Helping Smokers Quit: A Guide for Nurses*, e-mail [ahrqpubs@ahrq.gov](mailto:ahrqpubs@ahrq.gov) or call 1-800-358-9295.

