

Tripler Army Medical Center

Clinical Tobacco Use Cessation (TUC) Programs

There are three options for clinical tobacco cessation services at Tripler Army Medical Center (TAMC) open to all eligible beneficiaries. The first two options will be expanded for a limited time to include Department of Army (DA) civilian employees working at TAMC as part of the new Tobacco Free Campus initiative with enrollment coordinated through Occupational Health.

OPTION 1. Behavioral Health: This comprehensive program is designed to help patients wishing to stop smoking, dipping, or chewing tobacco. The program meets weekly and combines medication with psychoeducational and group support. Behavioral skills are provided in a modular fashion and scheduled for discussion at key implementation points as patients progress across the early, intermediate, and later stages of tobacco cessation. There are three iterations of this 11-session program meeting weekly at TAMC (Tuesdays at 0830, Wednesdays at 1400 and Thursdays at 1000). Additionally, meetings are held on Tuesdays at 1330 at Schofield. One-year quit rates for this program are substantially higher than those typically found in less comprehensive programs.

OPTION 2. Army Public Health Nursing (APHN): The APHN program is a combination of clinical, telephonic and internet tobacco cessation support services. Participants are required to complete the first three learning modules on the DoD Tobacco Cessation website www.ucanquit2.org. An initial clinic visit is scheduled with APHN that includes a program overview, patient assessment, and discussion of motivation to quit, nicotine addiction, and coping/support mechanisms. During the initial or subsequent visit, the participant meets with a medical provider, signs a program agreement, and may be prescribed medication to assist the cessation process. Weekly telephone follow-up is scheduled with a public health nurse trained in tobacco cessation. Participants who elect to start tobacco cessation medication will have a clinic visit with a provider during the first month of treatment with additional visits as needed. Medications available include varenicline, bupropion, and nicotine patches and gum. The patient, provider and APHN staff will decide collaboratively when to stop treatment and/or counseling. Treatment is typically completed by 3 to 4 months but will not exceed six months.

OPTION 3. Primary Care Provider (Family Medicine or Internal Medicine): Primary Care Managers (PCM) can provide information and guide enrolled beneficiaries through the tobacco cessation services available at TAMC. In addition to the programs described above, the PCM may coordinate tobacco cessation care within the Family Medicine or Internal Medicine Clinic, prescribing appropriate tobacco cessation medications and collaborating with the integrated behavioral health consultant for a balanced biopsychosocial treatment plan. The duration of therapy and the number of visits required for follow-up will be individualized at the discretion of each PCM.