



Pharmacists Provide Access to Care

Accessing Tobacco Cessation Aids from Community Pharmacies



Cigarette smoking is estimated to cause more than 480,000 deaths annually¹



Smoking-related illness in the United States costs more than \$300 billion each year^{1,2}



Pharmacists are well-positioned to initiate treatment and support individuals throughout the quitting process³



Pharmacists are accessible – 91% of Americans live within 5 miles of a community pharmacy!⁴

When the stakes are this high...

...not only is it

GOOD SENSE

to utilize pharmacists' training and accessibility to help patients quit smoking,

it's a **public health**

IMPERATIVE

Accessing Tobacco Cessation Aids from Community Pharmacies



New Mexico

The Boards of Pharmacy and Medicine have authorized pharmacist prescribing of all FDA-approved tobacco cessation products since 2004.



Idaho

Idaho passed legislation in 2017 giving pharmacists authority to prescribe all FDA-approved tobacco cessation products.

Building Momentum

Colorado pharmacists can also prescribe all FDA approved products.

Four more states allow pharmacists to prescribe nicotine replacement products .

Bills were introduced in six states in 2018 related to tobacco cessation prescribing.



1. U.S. Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. https://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/index.htm
2. Xu X, Bishop EE, Kennedy SM, Simpson SA, Pechacek TF. Annual Healthcare Spending Attributable to Cigarette Smoking: An Update. American Journal of Preventive Medicine 2014;48(3):326–33.
3. Tobacco Control Network. Access to Tobacco Cessation Medication through Pharmacists. Association of State and Territorial Health Officials (ASTHO), 2017. <http://www.astho.org/Prevention/Tobacco/Tobacco-Cessation-Via-Pharmacists/>
4. National Association of Chain Drug Stores. Face-to-face with community pharmacies. <http://www.nacds.org/pdfs/about/rximpact-leavebehind.pdf>.

Pharmacist Prescribing of Tobacco Cessation Aids: Just the FACTS

1

MYTH

Tobacco cessation aids are **too dangerous** for pharmacists to prescribe

FACT

In 2016, FDA removed the Boxed Warning from Chantix (varenicline) and Zyban (bupropion).¹ Pharmacists have been safely prescribing these medications in New Mexico since 2004.²

2

MYTH

Pharmacists aren't **properly trained** to prescribe medications.

FACT

Pharmacists have a four-year, doctoral-level degree with extensive coursework in pharmacology, clinical patient care, drug selection and more. And there are many resources available for all healthcare providers who need a refresher in tobacco cessation counseling.³

3

MYTH

Only physicians can effectively help patients quit smoking.

FACT

In a study including over 1,400 participants, researchers showed that pharmacist-provided smoking cessation interventions have quit rates on par with other healthcare professionals.⁴

4

MYTH

Allowing pharmacists to prescribe **only NRT products** is good enough.

FACT

The EAGLES study showed that tobacco users taking varenicline were 12% more likely to quit smoking compared to those who used a nicotine replacement product.⁵

1. U.S. Department of Health and Human Services. FDA Drug Safety Communication: FDA revises description of mental health side effects of the stop-smoking medicines Chantix (varenicline) and Zyban (bupropion) to reflect clinical trial findings. <https://www.fda.gov/Drugs/DrugSafety/ucm532221.htm>. Accessed 6.13.18.
2. New Mexico tobacco prescribing law
3. Many resources available. Here is one compilation from the CDC: <https://www.cdc.gov/tobacco/campaign/tips/partners/health/hcp/index.html>
4. Shen X, et al. Quitting patterns and predictors of success among participants in a tobacco cessation program provided by pharmacists in New Mexico. *J Manag Care Pharm.* 2014;20(6):579-87.
5. Anthenelli RM, et al. Neuropsychiatric safety and efficacy of varenicline, bupropion, and nicotine patch in smokers with and without psychiatric disorders (EAGLES): a double-blind, randomized, placebo-controlled clinical trial. *Lancet.* 2016;387(10037):2507-20.
6. Based on data from the Centers for Disease Control and Prevention. https://www.cdc.gov/tobacco/data_statistics/fact_sheets/adult_data/cig_smoking/index.htm. Accessed 6.13.18.

4.5M

If 12% doesn't sound like much, consider that if all smokers tried to quit smoking, a 12% increase in the success rate would mean 4,536,000 more people would quit.⁶

To learn more, go to:
www.NASPA.us/tobacco