



# Pharmacists Provide Access to Care

## Accessing Tobacco Cessation Aids from Community Pharmacies



Cigarette smoking is estimated to cause more than 480,000 deaths annually<sup>1</sup>



Smoking-related illness in the United States costs more than \$300 billion each year<sup>1,2</sup>



Pharmacists are well-positioned to initiate treatment and support individuals throughout the quitting process<sup>3</sup>



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

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](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).<sup>1</sup> Pharmacists have been safely prescribing these medications in New Mexico since 2004.<sup>2</sup>

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.<sup>3</sup>

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.<sup>4</sup>

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.<sup>5</sup>

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](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.<sup>6</sup>

To learn more, go to:  
[www.NASPA.us/tobacco](http://www.NASPA.us/tobacco)