Tobacco Use Intervention Performance Measure for Cardiac Rehabilitation

**MEASURE DESCRIPTION:**
Percent of patients participating in the cardiac rehabilitation (CR) program who received a tobacco cessation intervention if identified as a tobacco user OR received a relapse prevention intervention if identified as a recent tobacco user.

**DEFINITIONS:**
* Tobacco cessation intervention includes any one of the following:
  1) Tobacco cessation counseling. If the patient is not willing to make a quit attempt, intervention should be aimed at helping the patient improve their readiness for an eventual quit attempt.
  2) Tobacco cessation pharmacotherapy. Medication may be provided to patients who are not yet ready to quit, but who are ready to reduce to quit.\(^1,2\)
  3) Referral to a tobacco treatment program or specialist.

**Current tobacco use is defined as use of any kind of tobacco product in the 30 days prior to enrolling in cardiac rehabilitation. This includes cigarettes, cigars, cigarillos, chew tobacco, and e-cigarettes.\(^3\)

**Relapse prevention intervention includes any one of the following:**
  1) Tobacco relapse prevention counseling.
  2) Tobacco cessation pharmacotherapy.
  3) Referral to a tobacco treatment program or specialist.

**Recent tobacco use is defined as use of any kind of tobacco product in the 6 months prior to enrolling in cardiac rehabilitation. This includes cigarettes, cigars, cigarillos, chew tobacco, and e-cigarettes.\(^3\)

**NUMERATOR:**
Patients who received a tobacco cessation intervention\(^*\) if identified as a current tobacco user\(^**\)
- OR –
Patients who received a relapse prevention intervention\(^†\) if identified as a recent tobacco user\(^††\)

To qualify for the numerator, the tobacco cessation or relapse prevention intervention must be documented in the patient’s outpatient cardiac rehabilitation record. If a patient had previously received a treatment referral or pharmacotherapy from another clinician (such as the patient’s primary physician or cardiologist), these interventions must be documented in the cardiac rehabilitation record in order to qualify for this performance measure.
DENOMINATOR:

Number of participants in the cardiac rehabilitation program during the measurement period who were identified as either a current or recent tobacco user at program entry. This includes all participants in the cardiac rehabilitation program regardless of length of participation in program (1 or more sessions.)

Denominator Exclusions
Documentation of a medical reason for not receiving tobacco cessation intervention or tobacco relapse prevention intervention (e.g. limited life expectancy).

PERIOD OF ASSESSMENT:
Up to twelve months

ATTRIBUTION:
CR program staff

SOURCES OF DATA:
Medical record or other database (e.g., administrative, clinical, registry)

RATIONALE:
Tobacco use is the single most important cause of preventable death in the United States\(^4\) and smoking cessation after development of coronary artery disease or myocardial infarction substantially improves mortality.\(^5\) Although tobacco relapse is common, brief counseling, pharmacotherapy, and tobacco treatment programs significantly increase the chances of long-term abstinence. Patients who relapse after an acute coronary event benefit from additional support.\(^6\) Institutional smoking cessation programs and nurse-led smoking cessation interventions can have a substantial impact.\(^7,\)\(^8\)

The 6-month relapse prevention period assures that all patients who are either current tobacco users or who are at high risk of relapse will be identified and provided support during their time in the cardiac rehabilitation program. Median time to relapse after an acute coronary event is just 19 days after hospital discharge but continues to occur up until 6 months.\(^9\)

REFERENCES: