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DEPARTMENT OF THE AIR FORCE
509th Medical Group (ACC)
Whiteman Air Force Base, MO 65305-5001

MEDICAL GROUP INSTRUCTION 40-1 ANNEX J

1 June 2000

Medical Command

TOBACCO USE RESTRICTIONS AND CESSATION PROGRAM

The purpose of this operating instruction is to establish guidelines for tobacco use and the cessation program for the 509th Medical Group. This instruction pertains to all assigned or attached clinic personnel, students, and patients of the Whiteman Clinic.

SUMMARY OF CHANGES: New Instruction

1. **REFERENCE:** Air Force Instruction (AFI) 40-102, Tobacco Use in the Air Force, (1 Aug 98)

2. TOBACCO USE RESTRICTIONS:

2.1. The use of all tobacco products (including smokeless) is restricted to maintain a clean air environment, to protect the health of our patients and staff, and to set the example for a healthy lifestyle for the entire 509th Bomb Wing.

2.1.1. The *only* authorized area for the use of any form of tobacco in, and immediately around, the Whiteman Clinic is the upstairs patio area.

2.2. Breaks taken from the work area for tobacco use should not exceed 15 minutes in the morning and 15 minutes in the afternoon, the same time allotted for non-tobacco users.

2.3. Any problems with compliance should be addressed with the individual, the section NCOIC, and/or OIC. Unresolved problems will be directed to the squadron commander.

3. TOBACCO CESSATION PROGRAM:

3.1. As per AFI 40-102, "both medical and dental providers inquire about the member's tobacco use history during medical and dental examinations. All tobacco users receive professional information about the risks of tobacco use and, if desired, assistance and/or referral for cessation."

3.2. Anyone (active duty, dependent, retiree, DoD civilian) interested in quitting the use of tobacco products should call the Health and Wellness Center, x-7662, to sign up for a tobacco cessation program. Classes are 1 hour per week for 5 weeks, offered during duty and non-duty hours. Classes incorporate information on topics such as: Behavior modification and support, stress management, nutrition, and exercise. Patients need encouragement, commitment, and determination in order to stop successfully.

3.2.1. If specific criteria from the deferral are met, an active duty member may receive a 6-month waiver from the Weight and Body Fat Management Program (WBFMP) while participating in the tobacco cessation program (see atch !).

New MGI
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- 3.3. To enhance success in quitting tobacco use, nicotine replacement therapy (NRT) or Zyban prescriptions are available only with concurrent attendance in a tobacco cessation program (whether at Whiteman or another location).
- 3.3.1. During the tobacco cessation classes, all individuals will be informed about the contraindications, course of treatment, and side effects of NRT and Zyban. Each person desiring pharmaceutical assistance will complete the overprint "Application for Zyban Prescription" or "Application for Nicotine Patch Prescription," which will be screened by the tobacco cessation medical provider POC (or alternate) prior to receiving a prescription (see atch 2 and 3). Individuals may choose the "cold turkey" approach as well.
- 3.3.1.1. Zyban is an antidepressant, so individuals on PRP status must either get a waiver from the PRP office, signed by their commander, to remove them from PRP for 1 week (and then will be returned to status if no adverse side effects are present after being seen by the provider at that point), or else choose NRT or "cold turkey."
- 3.3.2. These prescriptions will be available for individuals to pick up from the pharmacy no later than week two of the tobacco cessation class.
- 3.3.2.1. A prescription will be written for DoD civilians in the tobacco cessation class, to fill at their own cost, at a pharmacy of their choosing.
- 3.3.3. After the fifth week of the tobacco cessation class, the roster and/or names of individuals completing the class will be forwarded to the pharmacy to allow refills. Refills will only be dispensed from the pharmacy to individuals who have completed (or made up) at least 3 of the 5 classes.
- 3.4. Individuals may attend tobacco cessation classes as often as they wish. However, the MDG will only fund one course of NRT or Zyban (unless side effects are experienced, then the alternate medication may be offered), within a 12-month period, for those eligible for pharmacy services.
- 3.5. Any MDG military member who is successful in quitting the use of tobacco products for 3 months will be awarded a one-day pass by the MDG commander. If the member stops for a total of 6 months, they will be given an additional one-day pass.

JAMES N. BLACK, Colonel, USAF, MC, FS
Commander

Attachments:

1. WBFMP Waiver for Tobacco Cessation
2. Overprint, SGGZ-80 "Application for Nicotine Patch Prescription"
3. Overprint, SGGZ-81 "Application for Zyban Prescription"