



Texas Children's Hospital



**Texas Children's Hospital
Pulmonary**

Adolescent Smoking/Tobacco Dependence Educational Materials

Description:

- Tobacco dependence treatment is offered for adolescents who are tobacco smokers or use other forms of tobacco and want to stop.
- This resource is NOT appropriate for adolescents with other substance abuse or a major mental health disorder. These patients should be referred for appropriate mental or behavioral health resources.

Data Needed:

Brief Clinical Summary or Recent Clinic Note that includes:

- Type(s) of tobacco used (cigarette, chewing tobacco (dip), snuff, bidis, kreteks, snus, hookahs, and electronic (e)-cigarettes)
- Smoking-related symptoms (cough, shortness of breath, asthma, pneumonia, etc.)
- Other chronic illnesses

Initial Work-up:

- Consider giving teen/smoker number for free phone counseling: National Smokers QuitLine at **1-800 QUIT NOW** (1 800 784 8669) as well.

Referrals:

- Adolescent is smoking or using other forms of tobacco and wants to stop.
- Adolescent has symptoms of tobacco dependence and/or difficulty quitting.
- Adolescent does NOT have significant other substance abuse or a major mental health disorder.

- Tobacco dependence treatment is currently available through the Pulmonary Medicine Service **ONLY** at TCH Main Campus, West Campus, and Clear Lake clinics.