

Section 5: Tobacco Use

Summary of Recommendations

Prevención Clínica. Guía para médicos - Washington, D.C.; PAHO, 1998. 334 p. - Scientific Publication № 568

1. *Counseling services on smoking cessation and follow-up visits. There is solid evidence in support of counseling smoking cessation habit, which may include nicotine replacement therapy. Nicotine replacement therapy increases success rates for smoking cessation. Type of recommendation: (A).*
2. *Referral to smoking cessation programs. Physician referral improves participation in group programs; however, most of those referred do not attend. There is reasonable evidence in support of physician referral to other validated programs upon conclusion of counseling services. Type of recommendation: (B)*
3. *Smoking prevention counseling. Reasonable evidence in support of smoking prevention counseling for children and adolescents. Type recommendation: (B).*

Proposed Basic Indicators

No	Indicator	Numerator/denominator X 100
1.	Prevalence of current smoking	Total number of people who smoke
		Total number of participants in the study
2.	Prevalence of ex-smokers	Total number of ex-smokers
		Total number of participants in the study

