

Addressing Tobacco Use and HPV in Dental Settings: A Resource for Dental Providers



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Overview

Tobacco use and Human papillomaviruses (HPV) are significant risk factors for oral and oropharyngeal cancers. Dentists, dental hygienists and dental assistants can screen for oral cancer and can play a vital role in cancer prevention by recommending tobacco treatment for all patients who use commercial tobacco products and HPV vaccinations for patients ages 9-45.

Why Address Tobacco?

Tobacco use continues to be the leading cause of early death and disease in the United States and leads to over [11,000 deaths annually in Indiana](#). Tobacco use and exposure have significant impacts on oral health. People who use commercial tobacco products have a higher risk for oral cancers, periodontal disease and tooth loss. The dental visit is an important opportunity to deliver a consistent message about cessation and protecting children and families from tobacco exposure. The American Dental Association (ADA) has recommended that dentists screen patients for tobacco use, encourage individuals who use tobacco to quit, and provide educational materials supporting cessation.

Tobacco Treatment Interventions

Brief interventions with patients who use commercial tobacco products are effective. When time or logistics do not permit comprehensive tobacco treatment counseling during a patient visit, clinicians are encouraged to use the AAR Model.

ASK about tobacco use

- Ask every patient at every visit.
 - Include type of product, dose, frequency, and duration of use.
 - Use a nonjudgemental tone.
 - Include e-cigarettes.
- "I take time to ask all of my patients about tobacco use because it impacts your health."
 - "When was the last time you smoked or used any type of tobacco product including vaping, hookah, and smokeless tobacco?"

ADVISE patients to quit

The message should be clear, strong and personalized.

- "It's important that you quit as soon as possible, and I can help you."
- "Quitting is the best decision you can make for your health."
- "Occasional or light smoking or vaping is still harmful."

REFER patients to tobacco treatment services

Refer to Quit Now Indiana, a tobacco treatment specialist (TTS) or other community program.

- "I can put you in contact with a local cessation program that can offer you assistance as you get ready to quit. What are your thoughts about that?"
- You can call 1-800-QUIT-NOW or visit www.quitnowindiana.com for free support. Can I sign you up with Quit Now Indiana today?

Prescribe Pharmacotherapy

After completing AAR, discuss medication options with your patient. See [Pharmacotherapy Chart](#). According to the [Centers for Disease Control and Prevention](#), medication and counseling combined can more than double tobacco cessation rates compared with either treatment alone.

Follow-Up with Patient

Congratulate success. If the patient is still smoking or using tobacco products, encourage continued efforts to quit. Remind the patient that each quit attempt is an opportunity to learn, not a failure.

The Role of the Dental Team

Each dental team member plays a critical role in supporting patients' interest in quitting. One team member should adopt the role of "Tobacco Treatment Champion" and help motivate team members to perform their respective duties. These duties will vary by dental practice and level of staff training but can include the following.

An office champion plays a critical role in providing overall leadership for tobacco treatment efforts. Choose a champion who is passionate about helping staff and patients quit tobacco.

Electronic Cigarettes

Providers should screen for e-cigarettes. Questions can be as simple as, "Have you ever used any kind of tobacco (like cigarettes or dip), or vaping devices (like vape pens or Elf Bar)?"

Providers should not recommend e-cigarettes as cessation tools. If a patient is already using e-cigarettes, advise the patient to set a quit date.

E-cigarettes have not demonstrated effectiveness as a cessation device and can prolong nicotine addiction. Providers should only recommend FDA-approved cessation supports.

Dentist

- Initiate discussion
- Advise patients to quit
- Link oral health with tobacco use
- Recommend and prescribe medications
- Communicate tobacco component of surgical pre- and post-op

Hygienist

- AAR
- Link oral health with tobacco use
- Educate/motivate patients unwilling to quit
- Provide resources to patients

Dental Assistant

- Ask patients about tobacco use status
- Make follow-up calls
- Arrange/track follow up
- Order tobacco treatment resources (fact sheets, Quit Now Indiana materials, etc.)

Front Office

- Schedule follow ups
- Complete electronic referral with patient
- Set up alerts in EHRs and enter reimbursement codes for services
- Display [educational materials](#) in waiting rooms



Motivational interviewing is a collaborative, goal-oriented communication style designed to strengthen a person's own motivation and commitment to change and is a tobacco treatment best practice. The spirit of MI incorporates four key elements:

- Partnership (not confrontation)
- Acceptance (not judgement)
- Compassion (not indifference)
- Evocation (not advice)

Motivational Interviewing Resources

[University of Colorado Video](#)

[ALA Quick Reference Guide](#)



Quit Now Indiana Tobacco Treatment Services

Quit Now Indiana (QNI) offers free tobacco treatment services to help Hoosiers ages 13 and older end nicotine dependence. Quit Now Indiana features individualized coaching via

phone, text or online chat, free nicotine replacement medication, online support, and tailored programs for pregnancy, behavioral health and youth. Hoosiers can call 1-800-Quit Now or visit www.quitnowindiana.com to enroll. Providers can [refer](#) patients to Quit Now Indiana [by fax](#), [online](#) or [EHR integration](#). A QNI coach will reach out to the referred patient within 24-48 hours.

[Quit Now Indiana Champions](#) are health systems, medical providers and employers that value and promote Quit Now Indiana Tobacco Treatment Services. [Enroll](#) today to receive monthly e-blasts and opportunities for awards and recognition.

Tobacco Treatment Resources

- [Order Free Quit Now Indiana Materials](#)
- [Tobacco Cessation Guidelines](#)
- [Medicaid Covers It](#)
- [Quit Now Indiana Quick Reference Guide](#)
- [Tobacco Use Fact Sheets](#)
- [Live Vape Free](#)
- [Rethink Tobacco Videos for Clinicians](#)
- [UCSF RX for Change](#)
- [Rethink Tobacco TTS Trainings](#)
- [ACS Empowered to Quit Program](#)
- [ADA Implementing Quitline Referrals Guide](#)
- [ADHA Tobacco Treatment Resources](#)
- [NRT Dosing and Adolescent Patients](#)
- [INAAP CEASE Program](#)

CDT Code D1320 Tobacco Counseling for the Control and Prevention of Oral Disease

Using D1320 allows for better evaluation of practices and sends a message to dental insurers that tobacco treatment is an integral part of oral health care.

Reimbursement rate for D1320 as of January 2024 - \$43.42



Why Address HPV?

Certain strains of HPV most likely cause 70% of oropharyngeal cancers in the U.S. According to the [CDC](#), HPV-positive oropharyngeal cancer is the most prevalent HPV cancer with approximately 14,800 HPV-attributable cases in the U.S each year.

Oral health professionals play a critical role in combating growing rates of HPV-positive oropharyngeal cancers. According to the [CDC](#), patients who received a recommendation from a provider are four to five times more likely to receive the HPV vaccine. Approximately 85% of children visit dental providers each year, and most visits are on a biannual basis. The wide reach of dental professionals and frequency of visits represent an opportunity to recommend and provide the HPV vaccine in the recommended 2-dose schedule.

Making a Strong Recommendation

The HPV vaccine is cancer prevention, and a clear and effective recommendation from a clinician matters. Oral health professionals should strongly and clearly recommend HPV vaccination to all age-eligible patients. Children should receive the HPV vaccine as early as age 9. The HPV vaccine is most effective when given before age 13 to achieve the best immune response, and it provides long-lasting protection.

“Now that your child is 9, they are due for the vaccine that helps prevent cancer.”

Parent	Provider
Why does my child need HPV vaccine?	HPV vaccine is important because it prevents infections that can cause cancer.
Why do they need HPV vaccine at such a young age?	Vaccines protect children before they are exposed to a disease. That’s why we give the HPV vaccine earlier rather than later, to protect them long before they are ever exposed.

Vaccination Schedule

Age	Recommended # of Doses	Dosing Schedule
9-14*	2	0, 6–12 months**
15-45	3	0, 1–2, 6 months***

* 3 doses schedule is recommended for immunocompromised persons initiating vaccination at ages 9 through 26 years

** In a two-dose schedule of HPV vaccine, the minimum interval is 5 months between the first and second dose.

*** In a three-dose schedule of HPV vaccine, the minimum intervals are 4 weeks between the first and second dose, 12 weeks between the second and third dose, and 5 months between the first and third dose.



The Role of the Dental Team

Dentist

- Vaccinate eligible patients
- Initiate the HPV discussion while talking about comprehensive health history
- Educate parents and patients
- Link HPV and cancer
- Recommend HPC vaccination as cancer prevention

Hygienist

- Educate parents and patients
- Link HPV and cancer
- Recommend HPV vaccination as cancer prevention
- Provide resources to patients

Dental Assistant

- Ask parents about vaccine status
- Follow up phone calls
- Arrange/track follow up
- Order HPV vaccine materials at vaccinateindiana.org

Front Office

- Schedule follow up visits
- Display educational materials in waiting room

Insurance – HPV Billing Codes

D1781 HPV Dose 1 BILL 90 (Indiana Medicaid pays 90% of the dentist's fees)

D1782 HPV Dose 2 BILL 90 (Indiana Medicaid pays 90% of the dentist's fees)

D1783 HPV Dose 3 BILL 90 (Indiana Medicaid pays 90% of the dentist's fees)

90651 9VHPV VACCINE 2/3 DOSE IM \$301.12

90471 Immunization administration 1st dose of visit \$18.89

90472 Immunization administration, additional dose if more than one vaccination is administered on the same day \$18.89.

HPV Vaccine Resources

- [Access HPV Vaccine Materials](#)
- [Cancer Prevention Through HPV Vaccination: An Action Guide for Dental Health Care Providers \(hpvrroundtable.org\)](#)
- [Talking to Parents About Infant Vaccines and HPV Vaccines-July 2019 \(cdc.gov\)](#)
- [HPV Provider Fact Sheet \(cancer.org\)](#)
- [HPV Resources - Indiana Cancer Consortium](#)
- [HPV: Information For Healthcare Professionals | CDC](#)



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