MODULE 4:

Medications for Smoking Cessation

UC QUITS
Every smoker. Every encounter.

Core Resources:

CA Quits
A statewide network working to integrate tobacco cessation into healthcare systems. CA Quits provides resources, support, and technical assistance for clinics and organizations to help patients quit tobacco.

kickitca.org (Kick It California)
A free statewide service that offers evidence-based help to quit smoking, including telephone counseling, text messaging, mobile apps, and online resources.

kickitca.org/quit-vaping (Kick It California – Vaping Cessation)
Offers free, confidential support to help Californians quit vaping, with coaching by phone, text, or chat and personalized quit plans.

2021 USPSTF Recommendations for Adults & Pregnant Women
Official guidelines from the U.S. Preventive Services Task Force on screening and intervention for tobacco use among adults and pregnant women.

2020 USPSTF Recommendations for Children & Adolescents
Evidence-based recommendations on how healthcare providers can help prevent tobacco and nicotine use in children and teens through counseling and behavioral interventions.

Additional Resources:

CA Pharmacists Can Furnish Nicotine Medications
Information on how California pharmacists can directly provide nicotine replacement therapies under state law to help patients quit smoking.

FDA-Approved Cessation Medications
A comprehensive list and overview of FDA-approved medications for tobacco cessation, including dosing and usage information.

Vaping Cessation Guide for Pharmacists
Guidelines and strategies for pharmacists to help patients quit vaping, including counseling tips and cessation product information.

AAP – Adolescents and Nicotine Replacement Therapy
American Academy of Pediatrics guidance for pediatricians on recommending and supporting nicotine replacement therapy for adolescent patients.

Rx for Change - UCSF
Evidence-based tobacco cessation training and resources for healthcare professionals, including patient education materials and clinical tools.