



STOP AND THINK

About How Smoking Affects You

and the ones you love

ARE YOU READY TO QUIT?



READY...
SET...
GO!

20 minutes after your last cigarette
your blood pressure drops.

24 hours after your last cigarette
your risk of having a
heart attack decreases.

72 hours after your last cigarette
it is easier for you to breathe.

Source: The Tennessee Department of Health



Think about what is most
important to you.

- **Improve your health.** According to the Surgeon General, quitting smoking is the single most important step a smoker can take to improve the length and quality of his or her life. Smoking can worsen certain conditions like asthma and COPD.
- **Save money.** If a pack of cigarettes costs \$5.00, smoking one pack per day adds up to \$1,825 each year.
- **It's good for the people around you!** Cigarette smoke is harmful to everyone who inhales it, not just the smoker. Children who live with smokers get more chest colds and ear infections.

Before you quit,
START
by taking these
5 important steps:



S = Set a quit date.

T = Tell family, friends, and coworkers that you plan to quit.

A = Anticipate and plan for the challenges you'll face while quitting.

R = Remove cigarettes and other tobacco products from your home, car, and work.

T = Talk to your doctor about getting help to quit.

Think about choosing a special quit day such as World No Tobacco Day on May 31st or The Great American Smokeout (the third Thursday of each November.)

Check with your employer to see if there are programs/classes they sponsor to assist with tobacco cessation.

Source: www.smokefree.gov

Source: American Lung Association, www.lungusa.org

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HOW DOES **SECONDHAND SMOKE** AFFECT YOU?

1. Many millions of Americans are exposed to secondhand smoke in their homes and work despite substantial progress in tobacco control.
2. Secondhand smoke exposure causes disease and premature death in children and adults who do not smoke.
3. Children exposed to secondhand smoke are at an increased risk for sudden infant death syndrome (SIDS), respiratory infections, ear problems, and more severe asthma.
4. **The scientific evidence indicates that there is no risk-free level of exposure to secondhand smoke.**
5. **Eliminating smoking in indoor spaces fully protects nonsmokers from exposure to secondhand smoke.**

Source: CDC

DO'S & DON'TS FOR HELPING A FAMILY MEMBER QUIT

Do try to see it from the smoker's point of view -- a smoker's habit may feel like an old friend that has always been there when times were tough. It's hard to give that up.

Do help the quitter with whatever will help lighten the stress of quitting.

Do respect that the quitter is in charge. This is their lifestyle change and their challenge, not yours.

Do celebrate along the way. Quitting smoking is a **BIG DEAL!**

Don't take the quitter's grumpiness personally during his or her nicotine withdrawal.

Don't offer advice. Just ask how you can help with the plan or program they are using.

Source: American Cancer Society



DID YOU KNOW?

It's more than just smoking cessation. It's tobacco cessation. Tobacco products include cigarettes, chewing tobacco, dipping tobacco, cigars, pipe tobacco and various other types.

Improving the packaging and formatting the directions of tobacco cessation products to a fifth-grade reading level may help smokers increase their chances at successful quitting.

Electronic cigarettes are dangerous health hazards because:

- They contain cancer causing agents and numerous toxic chemicals such as diethylene glycol, a chemical used in antifreeze. Some cartridges have been found to contain traces of nicotine.
- They appeal to youth because of their high-tech design, and sweet flavoring such as strawberry, vanilla and caramel.

Source: American Journal of Preventative Medicine (March 2010)



COMPARING HEALTH PLANS



MEASURES	BLUECROSS BLUESHIELD OF TN	CIGNA	UNITED HEALTHCARE
Provides Counseling Options Such as: -Interactive online support -Counseling by Telephone -Group sessions -Individual in person sessions	Yes	Yes	Yes
Advising Smokers to Quit: HEDIS: The percentage of health plan members 18 years of age and older who were current tobacco users, and who received advice to quit smoking or using tobacco.	69.33%	76.10%	69.44%
Discussing Medications: HEDIS: The percentage of health plan members 18 years of age and older who discussed or were recommended cessation medications to help them quit.	51.85%	50%	53.70%
Discussing Strategies: HEDIS: The percentage of health plan members 18 years of age and older who discussed or were recommended cessation methods or strategies to help them quit.	38.41%	37%	42.59%

Source: eValue8™ 2009

eValue8™ is the nation's leading, evidence-based request for information (RFI) tool, that is widely used by business health coalitions, their purchaser members, and national employers to assess and manage the quality of their health care vendors. eValue8™ raises the bar for health care performance.

What is HEDIS (Healthcare Effectiveness Data and Information Set)? HEDIS is a tool used by more than 90 percent of America's health plans to measure performance on important dimensions of care and service. HEDIS makes it possible to compare the performance of health plans on an "apples-to-apples" basis. Health plans also use HEDIS results themselves to see where they need to focus their improvement efforts.

ABOUT HEALTHCARE 21 BUSINESS COALITION

HealthCare 21 Business Coalition is a non-profit organization focused on improving the cost and quality of health care in Tennessee. We believe it is important to provide user-friendly information on health care quality to help you and your family members make educated decisions about your care. Quality health care begins with you and the decisions you make about your health. Use this Guide to learn more about how to stay well and find the care that is right for you.

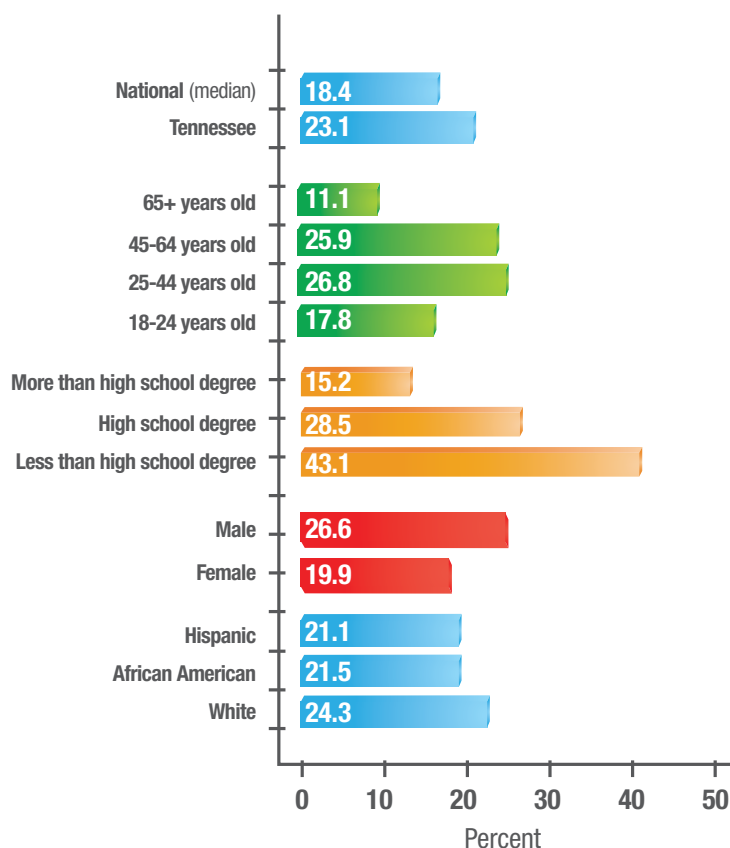
HealthCare 21 Business Coalition is a member of the National Business Coalition on Health



www.hc21.org

CURRENT SMOKING AMONG ADULTS

This chart highlights smoking statistics among Tennesseans.



Source: BRFSS, 2007-2008



GET FREE HELP TO QUIT SMOKING:

The Tennessee Tobacco QuitLine is a toll-free telephone service that provides personalized support for Tennesseans who want to quit smoking or chewing tobacco.

They can help you understand how to quit tobacco and help you develop a plan that works for you.

Source: <http://health.state.tn.us/tobaccoquitline.htm>

COPD & SMOKING

Smoking Has a Serious Impact on Your Health

COPD stands for Chronic Obstructive Pulmonary Disease and often includes chronic bronchitis and/or emphysema. These are commonly acquired over time by smoking or being around secondhand smoke. COPD is a chronic disease and progressively gets worse.

Although asthma is also a disease that affects the airways, it is different than COPD. Asthma is caused by sensitivities to something that causes an allergic reaction (such as cigarette smoke) or having a family history of asthma.

Source: National Heart Lung & Blood Institute

MEMPHIS

OVERALL PATIENT SAFETY RATINGS

HIGH RISK TREATMENT SAFETY RATINGS

HOSPITAL

	Never Events	Steps to Avoid Harm	Prevent Medication Errors	Appropriate ICU Staffing	Heart Bypass Surgery	Heart Angioplasty	Heart Attack	High Risk Deliveries	Pneumonia	Weight Loss Surgery		
Delta Medical Center					NA	NA	NA	NA		NA		
Le Bonheur Children's Medical Center					NA	NA	NA	NA	NA	NA		
Methodist Healthcare Fayette				NA	NA	NA	NA	NA		NA		
Methodist Healthcare Germantown					156		456			59		102
Methodist Healthcare North Hospital					170		426		NA		NA	
Methodist Healthcare South Hospital					43		112		NA		NA	
Methodist Healthcare University Hospital					239		924		NA		NA	
Regional Medical Center at Memphis					NA	NA			315		NA	
St Francis Hospital					194		419		NA		192	
St Francis Hospital - Bartlett					NA	NA		NA		NA		
St. Jude Children's Medical Center					NA	NA	NA	NA	NA	NA		
Baptist Memorial Hospital Collierville					NA	NA		NA		NA		
Baptist Memorial Hospital - Memphis					553		1517		NA		100	
Baptist Memorial Hospital Tipton					NA	NA		NA		NA		
Baptist Memorial Hospital for Women				NA	NA	NA	NA		124	NA	NA	

NASHVILLE

OVERALL PATIENT SAFETY RATINGS

HIGH RISK TREATMENT SAFETY RATINGS

HOSPITAL	OVERALL PATIENT SAFETY RATINGS				HIGH RISK TREATMENT SAFETY RATINGS							
	Never Events	Steps to Avoid Harm	Prevent Medication Errors	Appropriate ICU Staffing	Heart Bypass Surgery	Heart Angioplasty	Heart Attack	High Risk Deliveries	Pneumonia	Weight Loss Surgery		
Baptist Hospital					236	181		106		538		
Centennial Medical Center					778	1050		148		577		
Hendersonville Medical Center					NA	97		NA		NA		
Horizon Medical Center					NA	90		NA		36		
Maury Regional Hospital					82	472		NA		NA		
Middle Tennessee Medical Center					NA	286		26		127		
Monroe Carell Jr. Children's Hospital at Vanderbilt					NA	NA	NA	NA	NA	NA		
Skyline Medical Center					NA	185		NA		NA		
Southern Hills Medical Center					NA	114		NA		2		
St Thomas Hospital					801	2436		NA		NA		
StoneCrest Medical Center					NA	21		NA		NA		
Summit Medical Center					NA	97		NA		NA		
Vanderbilt University Hospital					661	1026		260		191		
Williamson Medical Center					NA	177		NA		NA		
Northcrest Medical Center					NA	59		NA		NA		
Harton Regional Medical Center			Reponse not required	Reponse not required								
Nashville General Hospital												
RiverPark Hospital			Reponse not required	Reponse not required								
Sumner Regional Medical Center												
University Medical Center												

TRI-CITIES

OVERALL PATIENT SAFETY RATINGS

HIGH RISK TREATMENT SAFETY RATINGS

HOSPITAL

HOSPITAL	OVERALL PATIENT SAFETY RATINGS				HIGH RISK TREATMENT SAFETY RATINGS						
	Never Events	Steps to Avoid Harm	Prevent Medication Errors	Appropriate ICU Staffing	Heart Bypass Surgery	Heart Angioplasty	Heart Attack	High Risk Deliveries	Pneumonia	Weight Loss Surgery	
Bristol Regional Medical Center					301	55		NA		7	
Laughlin Memorial Hospital					NA	NA		NA		NA	
Takoma Regional Hospital					NA	NA	NA	NA		NA	
Wellmont Hancock County Hospital				NA	NA	NA	NA	NA		NA	
Wellmont Hawkins County Memorial Hospital					NA	NA		NA		NA	
Holston Valley Medical Center					388	813		25		89	
Johnson County Community Hospital	Reponse not required		Reponse not required	Reponse not required	Reponse not required	Reponse not required	Reponse not required	Reponse not required	Reponse not required	Reponse not required	
Indian Path Medical Center											
Johnson City Medical Center											
Johnson City Specialty Hospital											
Northside Hospital											
Sycamore Shoals Hospital											
Unicoi County Memorial Hospital											

WHAT DO THE RESULTS MEAN? - - - - ➔

Results are as of August 31, 2010. For the most current information please visit www.leapfroggroup.org/cp



Fully Meets Standards



Substantial Progress



Some Progress



Willing to Report



The hospital declined to respond.

Response not required

Procedure was not targeted for this hospital.

NA

Does not apply.

Results are as of August 31, 2010. For the most current information please visit www.leapfroggroup.org/cp

UNDERSTANDING THE TERMS

The information provided in this report allows you to compare and locate the right care for you and your family, much like you would use a consumer report to compare cars, computers or televisions.

Hospitals in this Guide are tiered according to their Leapfrog Never Events score.

PATIENT SAFETY RANKINGS

Never Events - Four bars indicates the hospital has agreed to Leapfrog's Never Events policy. Examples of never events are surgeries on the wrong body part or discharging an infant to the wrong family.

Steps to Avoid Harm - Patients should choose a hospital with a high score in this category. High scores indicate the hospital has put into place procedures to reduce 17 common, preventable medical mistakes.

Prevent Medication Errors - Patients should choose a hospital that uses computer prescriber order entry (CPOE) to order medications, tests and procedures to avoid errors.

Appropriate ICU Staffing - Patients should choose a hospital with an intensive care unit (ICU) staffed by doctors and other caregivers that have received specialized training in critical care.

Use this guide to select a hospital with a lot of experience and the best results for the procedure, surgery or condition you have or need.

The following treatment scores are based on a combination of quality and costs:

HIGH RISK TREATMENTS

Heart Bypass Surgery - This surgery improves blood flow into the heart by adding a new artery for blood to "bypass" clogged arteries. A volume of 450+ is better.

Heart Angioplasty - Angioplasty improves blood flow into the heart by reopening a clogged artery such as coronary angioplasties and stents. A volume of 400+ is better.

Heart Attacks - A Heart Attack occurs when an artery is blocked and blood cannot move through the artery to the heart.

Pneumonia - A very serious infection for patients in the hospital.

The following treatments are based on the quality of care provided:

High Risk Deliveries - Births in which infants are predicted to weigh less than 1500 grams at birth. These infants are usually cared for in a Neonatal Intensive Care Unit (NICU). A volume of 50+ is better.

Weight Loss Surgeries - (stomach and /or intestines) A surgery used for people classified as being morbidly obese. A volume of 125+ is better.