

Brief Smoking Cessation Interventions in a Hospital Setting

AGENDA

- I. Clinical Practice Guideline
 - A. Key Findings
 - B. Behavior Change Strategies (5As & 5Rs)

- II. Clinician's Role
 - A. Identification
 - B. Advice
 - C. Motivation

- III. Helping Patients Quit
 - A. Brief Education
 - B. Simple Motivational Intervention
 - C. Resources (Patients and Providers)

- IV. Provider Barriers and Q&A

The Three-Legged Stool

A successful Quit Plan is like a 3-legged stool: one leg is SUPPORT, one leg is MEDICATION and one leg is COPING SKILLS. To be reliable, the stool must be stable and capable of “holding” you. That is best accomplished by building a stool (plan) with all three legs. If you can’t do that, it needs to have at least two legs – and these need to be extra large. For instance, if your stool (plan) doesn’t have a MEDICATION leg, be sure you have plenty of SUPPORT and find as many ways as you can to learn COPING SKILLS.

SMOKING CESSATION PLAN

SUPPORT

Friend/Family Member

Pastor/Rabbi

Nicotine Anonymous Meeting

ALA Call Center
1-800-548-8252

NCI Quitline
1-877-448-7848

Instant Messaging at
www.Smokefree.gov

Forums/Chat Room/Email at
www.QuitNet.com

Other:

MEDICATION

Over-the-Counter
Nicotine Replacement:
♦ Gum
♦ Patch
♦ Lozenge

Prescription
Nicotine Replacement:
♦ Nasal Spray
♦ Inhaler

Prescription
Non-Nicotine Medications:
♦ Bupropion SR (Zyban)
♦ Clonidine
♦ Nortriptyline

Other:

COPING SKILLS

Freedom From Smoking
Online: www.lungusa.org/ffs

Smokefree.gov (NIH website)

NCI Quitline
1-877-448-7848

“You Can Quit Smoking”
Guide (order: 800-358-9295)

Free Sentara Quit Kit
(Call the Smoke-Free Virginia
Helpline: 877-856-5177)

Local Cessation Programs:
www.smokefreevirginia.org

Other:

QUITTING TAKES HARD WORK AND A LOT OF EFFORT, BUT—

You Can Quit Smoking

SUPPORT AND ADVICE
FROM YOUR CLINICIAN

A PERSONALIZED QUIT PLAN FOR: _____

WANT TO QUIT?

- ▶ Nicotine is a powerful addiction.
- ▶ Quitting is hard, but don't give up.
- ▶ Many people try 2 or 3 times before they quit for good.
- ▶ Each time you try to quit, the more likely you will be to succeed.

GOOD REASONS FOR QUITTING:

- ▶ You will live longer and live healthier.
- ▶ The people you live with, especially your children, will be healthier.
- ▶ You will have more energy and breathe easier.
- ▶ You will lower your risk of heart attack, stroke, or cancer.

TIPS TO HELP YOU QUIT:

- ▶ Get rid of ALL cigarettes and ashtrays in your home, car, or workplace.
- ▶ Ask your family, friends, and coworkers for support.
- ▶ Stay in nonsmoking areas.
- ▶ Breathe in deeply when you feel the urge to smoke.
- ▶ Keep yourself busy.
- ▶ Reward yourself often.

QUIT AND SAVE YOURSELF MONEY:

- ▶ At \$3.00 per pack, if you smoke 1 pack per day, you will save \$1,100 each year and \$11,000 in 10 years.
- ▶ What else could you do with this money?



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FIVE KEYS FOR QUITTING

YOUR QUIT PLAN



1. GET READY.

- ▶ Set a quit date and stick to it—not even a single puff!
- ▶ Think about past quit attempts. What worked and what did not?

1. YOUR QUIT DATE:



2. GET SUPPORT AND ENCOURAGEMENT.

- ▶ Tell your family, friends, and coworkers you are quitting.
- ▶ Talk to your doctor or other health care provider.
- ▶ Get group, individual, or telephone counseling.

2. WHO CAN HELP YOU:



3. LEARN NEW SKILLS AND BEHAVIORS.

- ▶ When you first try to quit, change your routine.
- ▶ Reduce stress.
- ▶ Distract yourself from urges to smoke.
- ▶ Plan something enjoyable to do every day.
- ▶ Drink a lot of water and other fluids.

3. SKILLS AND BEHAVIORS YOU CAN USE:



4. GET MEDICATION AND USE IT CORRECTLY.

- ▶ Talk with your health care provider about which medication will work best for you:
- ▶ Bupropion SR—available by prescription.
- ▶ Nicotine gum—available over-the-counter.
- ▶ Nicotine inhaler—available by prescription.
- ▶ Nicotine nasal spray—available by prescription.
- ▶ Nicotine patch—available over-the-counter.

4. YOUR MEDICATION PLAN:

Medications: _____

Instructions: _____



5. BE PREPARED FOR RELAPSE OR DIFFICULT SITUATIONS.

- ▶ Avoid alcohol.
- ▶ Be careful around other smokers.
- ▶ Improve your mood in ways other than smoking.
- ▶ Eat a healthy diet and stay active.

5. HOW WILL YOU PREPARE?

Quitting smoking is hard. Be prepared for challenges, especially in the first few weeks.

Followup plan: _____

Other information: _____

Referral: _____

Clinician

Date

Quitting Helps You Heal Faster

Your hospital visit is a great time to quit smoking.

Why should I quit now?

Smoking may slow your recovery from surgery and illness. It may also slow bone and wound healing.

All hospitals in the United States are smoke free. You will be told NOT to smoke during your hospital stay – now is a great time to quit!



How do I quit in the hospital?



Talk to your doctor or other hospital staff about a plan for quitting. Ask for help right away.

Your doctor may give you medicine to help you handle withdrawal while in the hospital and beyond.

Helpful hints to stay quit

Ask your friends and family for support.

Continue your quit plan after your hospital stay.

Make sure you leave the hospital with the right medicines or prescriptions.

If you “slip” and smoke, don’t give up. Set a new date to get back on track.

For help in quitting smoking, call the National Cancer Institute’s Smoking Quitline toll free: 1-877-44U-QUIT.



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SMOKING CESSATION RESOURCES FOR PATIENTS

TOLL-FREE TELEPHONE ASSISTANCE

Virginia

Smoke-Free Virginia Helpline: 1-877-856-5177

Recorded message and mailed material (free Quit Kit with booklet and audiotape/CD)

American Lung Association of Virginia: 1-800-LUNG USA

Callers without Internet access can find out about local cessation programs in Virginia

National

Great Start: 1-866-66-START (667-8278) – For Pregnant Women

English & Spanish, free phone counseling by a trained facilitator and information services provided to pregnant smokers.

NCI Smoking Cessation Helpline: 1-877-44U-QUIT

(1-877-448-7848) National Cancer Institute "Live Help"

American Lung Association Call Center: 1-800-548-8252

Call Center staffed by Registered Nurse/Respiratory Therapist

Cancer Information Service: 1-800-4-CANCER

(1-800-422-6237; TTY 1-800-332-8615) "Live Help," English & Spanish

American Cancer Society: 1-800-227-2345

"Live Help" 24 hours a day, 7 days a week

Circle of Friends: 1-800-243-7000

American Legacy Foundation "Live Help," especially for women

FREE ONLINE ASSISTANCE

Freedom From Smoking

American Lung Association's smoking cessation program

www.lungusa.org/ffs

Federal Online Program

USDHHS (NIH, CDC, NCI) sponsored online cessation program

www.smokefree.gov

Smoke-Free Virginia Resource Website

Provides a directory of local programs (by city) and links to numerous resources

www.smokefreevirginia.org