

Developing a Smoking Cessation Program in the Acute Care Setting

E-learning Date Options:

Friday October 29, 2004 from 12:30-2:00 PM

or

Monday, November 1, 2004 from 12: 30- 2:00 PM

Hospital identified Smoking Cessation Specialists and/or Staff Education personnel will be instructed in the basics of nicotine addiction, Stages of Change model of behavior change, clinical practice guideline recommendations, effective intervention strategies, how to conduct an individualized needs assessment for implementing evidence-based strategies in their facility, and where to find resources for both patient and staff education.

Objectives

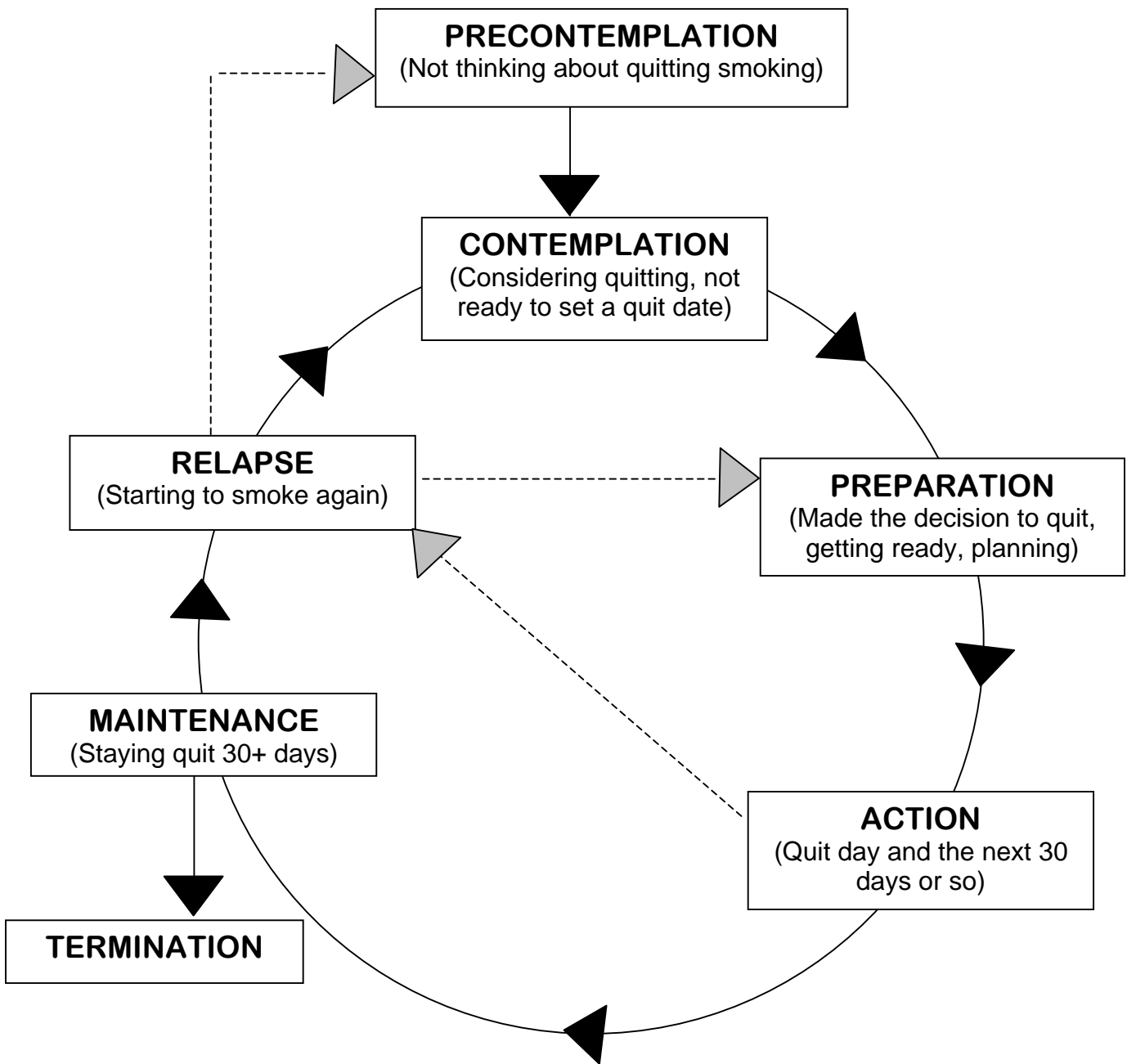
The participant will be able to:

- Understand the medical and financial impact of tobacco use that makes cessation a priority for acute care patients
- Learn about the biopsychosocial elements of addiction to nicotine that underlie most tobacco use and the process people go through when changing behaviors
- Recognize the relevance of addiction and the process of change to planning and implementing effective intervention strategies
- Become familiar with the US Public Health Service (USPHS) clinical practice guideline for treating tobacco use and dependence
- Learn how to intervene effectively with patients regarding tobacco use, including current users (both willing to quit and not yet ready) and recent quitters who are at risk for relapse.
- Utilize the Needs Assessment table to develop a smoking cessation program that is practical, realistic and achievable based on individual hospital goals, resources and patient populations
- Become familiar with sources of materials and training opportunities available to assist hospitals in implementing planned cessation programs
- Discuss experienced or perceived barriers to implementing cessation programs and explore possible strategies to overcome these barriers.

Agenda Outline:

- I. Introduction: *The Burden of Tobacco Use in Healthcare*
Edna Rensing, RN, MSHA, CPHQ
Senior Project Manager, Virginia Health Quality Center
- II. Background: *Understanding Tobacco Dependence*
Janis M. Dauer, MS, CAC
Program Manager, Alliance for the Prevention and Treatment of Nicotine Addiction (APTNA)
 - A. Basics of nicotine addiction
-neurochemistry and behavioral/social aspects of tobacco use
 - B. Stages of Change
-how people change behaviors and applications to cessation counseling
 - C. Overview of USPHS clinical practice guideline
-research-based findings and recommendations
- III. Program Development: *How to Implement an Effective Cessation Program*
Terrina Thomas, MS, CHES
Manager, Community Health & Prevention, Sentara Healthcare
 - A. Effective strategies
-5As & 5Rs of a brief 2-3 min. intervention or 10+ min. consult and preventing relapse
 - B. How to develop a program for your specific hospital
-using the "Needs Assessment" table for practical planning
 - C. Where to find resources
-patient education, clinician education, and trainer materials
- IV. *Questions and Answers*
Addressing barriers – potential or experienced

Matching Interventions to Stages of Change



Smoking Cessation Program Planning “Needs Assessment” for Hospitals

WHAT	WHO	HOW	EDUCATION	MATERIALS
ASK smoking status	<i>Intake nurse? ED admitting?</i>	<i>Part of vital signs? Add to admission form?</i>	<i>Simple instructions?</i>	<i>Amend current forms? Add to electronic intake?</i>
ADVISE cessation	<i>RN? NP? PA? MD?</i>	<i>During intake or exam? (document in chart)</i>	<i>Read guideline? Take online course(s)?</i>	<i>USPHS Quick Reference Guide? Use Internet?</i>
ASSESS interest	<i>RN? NP? PA? MD? RT?</i>	<i>During intake or exam? (document in chart)</i>	<i>Read guideline? Take online course(s)?</i>	<i>USPHS Quick Reference Guide? Use Internet?</i>
ASSIST in setting up a quit plan (for patients ready to quit)	<i>RN? NP? PA? MD? RT? (is there staff designated as Smoking Cessation Specialist or responsible for doing patient education?)</i>	<i>Provide bedside consult? Refer to Quitline? Refer to local program? Refer to Specialist? Provide self-help resources?</i>	<i>Read guideline? Simple instruction (for referrals)? Take online course(s)? Provide staff training event(s)?</i>	<i>USPHS Quick Reference Guide? List of Quitlines, local programs, online resources? Use Internet? Use CTRI provider training manual to do in-services?</i>
ARRANGE follow-up	<i>RN? NP? PA? MD? RT? (Smoking Cessation Specialist?)</i>	<i>Refer to Quitline? Refer to local program? Refer to Specialist? Refer to PCP/clinic?</i>	<i>Simple instruction?</i>	<i>List of Quitlines, local programs, online resources? Use Internet? Referral form (develop)?</i>
MOTIVATE for patients not ready to quit	<i>RN? NP? PA? MD? RT? (Smoking Cessation Specialist?)</i>	<i>Provide motivational intervention? Refer to Quitline/Specialist (“wants to quit but can’t)? Provide self-help resources?</i>	<i>Read guideline? Take online course? Provide staff training? Simple instruction (for referrals)?</i>	<i>USPHS Quick Reference Guide? List of Quitlines, online resources? Use Internet? Use CTRI provider training manual to do in-services?</i>
PREVENT RELAPSE for patients who quit within past 12 months	<i>RN? NP? PA? MD? RT? (Smoking Cessation Specialist?)</i>	<i>Provide counseling? Refer to Quitline? Refer to Specialist? Provide self-help resources?</i>	<i>Read guideline? Simple instruction (for referrals)? Take online course? Provide staff training?</i>	<i>USPHS Quick Reference Guide? List of Quitlines, online resources? Use Internet? Use CTRI provider training manual to do in-services?</i>

Typical Barriers Cited (Terrina to address)

- Doing OK job now, see no reason to change
- Just more paperwork/documentation to do
- Too little time
- Too many patients
- Too few staff
- No support/buy-in from staff (clinical and/or admin)
- Not a priority issue (as acute care needs are)
- Don't have the knowledge, training, skills needed
- Staff smoking
- Patient self-report of smoking status not always consistent or truthful

Developing a Smoking Cessation Program in the Acute Care Setting
UNDERSTANDING TOBACCO DEPENDENCE

REFERENCES

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2. Abrams DB, Niaura R, Brown RA, Emmons KM, Goldstein MG, Monti PM, editors. *The Tobacco Dependence Treatment Handbook*. A Guide to Best Practices. The Guilford Press, NY. 2003.
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4. Benowitz NL, editor. *Nicotine Safety and Toxicity*. Oxford University Press. 1998.
5. USDHHS Public Health Service, Office on Smoking and Health. *The Health Consequences of Smoking: Nicotine Addiction*. A Report of the Surgeon General. Rockville MD. 1988. DHHS Publication Number CDC88-8406.
6. Niaura, Raymond. *The Biology and Pharmacology of Nicotine Dependence*. Tobacco Cessation Training. Transdisciplinary Tobacco Use Research Center (TTURC), Brown University Centers for Behavioral and Preventive Medicine. Slide presentation: http://www.lifespan.org/behavmed/powerpoints/ttunc_selfstudyi.ppt
7. Rustin, Terry. *Quit and Stay Quit - Clean and Free Workbook: Facilitator's Guide*. Hazelden. 1996.
8. Prochaska JO, DiClemente CC. Stages and processes of self-change of smoking: Toward an integrative model of change. *J Consult Clin Psychol* 51:390-395, 1983.
9. Fiore MC, Bailey WC, Cohen SJ, et. al. *Treating Tobacco Use and Dependence*. Quick Reference Guide for Clinicians. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. October 2000. This publication can be downloaded from: <http://www.surgeongeneral.gov/tobacco>