

Hospital-Based Smoking Cessation Counseling Needs Assessment: Smyth County Community Hospital

WHAT	WHO	HOW	EDUCATION	MATERIALS
ASK* (smoking status)	Admitting staff screen for smoking in past 12 mo.s	<ul style="list-style-type: none"> Intake form (part of hx/phys) RN places order for smoking cessation education if “yes” 	Instruction on procedure and use of: hx/physical form and order form (for smoking cessation education)	<ul style="list-style-type: none"> History/physical form Smoking Cessation Education order form
ADVISE (cessation)	Cardiopulmonary Unit staff	<ul style="list-style-type: none"> Smoking Cessation Education Order form (?) “Advice given” documented? 	<ul style="list-style-type: none"> <i>Education on how to advise</i> Instruction on procedure and use of forms (documentation mechanisms) 	<ul style="list-style-type: none"> <i>CTRI manual/Quick Reference Guide (QRG)</i> New/revised form?
ASSESS (interest)	Cardiopulmonary Unit staff	Smk Cess Educ Order form? (need mechanism to document “interest asked” and if patient is “willing” or “not willing”)	<ul style="list-style-type: none"> <i>Education on how to determine interest/motivation</i> Instruction on procedure and use of documentation mechanism 	<ul style="list-style-type: none"> <i>CTRI manual/QRG</i> New/revised form?
ASSIST in setting up a quit plan (for patients ready to quit)	Cardiopulmonary Unit staff (does the “Smoking Cessation Education” that was ordered)	<ul style="list-style-type: none"> Provide patient education (packet A, other supplementary material, video) Provide bedside consultation (smk cess education - and counseling?) Refer for medication (?) Document the consultation 	<ul style="list-style-type: none"> Instruction on procedure (giving materials, showing video) <i>Education on how to do smoking cessation education</i> <i>Training in how to do smoking cessation counseling?</i> <i>Education on medications</i> Instruction on referral for med.s Instruction on documentation 	<ul style="list-style-type: none"> Patient education packet A Other patient educ. materials? Video? <i>CTRI manual/QRG</i> Detailed info on medications Consultation form (e.g., FFTP sample form in CTRI manual)?
ARRANGE (follow-up)	Cardiopulmonary Unit staff (or DC Planner?)	<ul style="list-style-type: none"> Refer to PCP/clinic, Quitline (Need mechanism to document) 	Instruction on procedure(s) and mechanism for documentation	<ul style="list-style-type: none"> New/revised form? List of Quitlines, resources
MOTIVATE (for pt.s not ready to quit)	Cardiopulmonary Unit staff	<ul style="list-style-type: none"> Provide packet B and/or brief motivational intervention Document chart (form?) 	<ul style="list-style-type: none"> <i>Training in how to do motivational intervention or counseling (5Rs)</i> 	<ul style="list-style-type: none"> USPHS hospital card Patient education packet B New/revised form? <i>CTRI manual/QRG</i>
PREVENT RELAPSE (for pt.s who quit within past 12 months)	Cardiopulmonary Unit staff	<ul style="list-style-type: none"> Provide Relapse Prevention intervention/counseling Provide info on resources Document chart (form?) 	<ul style="list-style-type: none"> <i>Training in how to do Relapse Prevention counseling (minimal or prescriptive, as needed)</i> Instruction on resource list Instruction on documentation 	<ul style="list-style-type: none"> <i>CTRI manual/QRG</i> Resource list (one page flyer?) New/revised form?

*Need to be able to identify “Current Smoker” AND “Quit Within Past 12 Months” in order to provide appropriate intervention?

POTENTIAL NEEDS:

SCREENING:

- Breakdown of patients who have smoked within 12 months into “current smokers” and “quit ____ months ago” (within past 12 months)?
- Identification of non-cigarette tobacco users also (pipe, cigar, snuff, chewing tobacco)?

ASSESSING MOTIVATION:

- Integration into protocol of question asking if patient is willing to make a quit attempt now or later or not at all?
- Form/mechanism for documenting “willing” or “not willing” to make a quit attempt?
- Use of NRT for withdrawal management?

ASSISTING:

- Clarification of bedside consultation – what will it include: education only (materials, and video?), referral for medication(s)?, what about one-on-one counseling (practical counseling/coping skills development)?
- Identification of appropriate billing codes for consult?

ARRANGE FOLLOW-UP:

- Integration into protocol of follow-up task, such as referring patient to PCP/clinic for post-discharge assistance with cessation (especially medications) or at least referring to Quitline for post-discharge cessation counseling via phone?
- Form/mechanism for documenting referral for follow-up?

MOTIVATIONAL INTERVENTIONS and RELAPSE PREVENTION

- Bedside consult to include patients not ready/willing to quit (doing the 5Rs, providing appropriate materials)?
- Bedside consult to include recent quitters (use within 12 months but quit prior to admission to hospital) – provision of relapse prevention interventions?

INSTRUCTION/EDUCATION/TRAINING NEEDS: (See next page)

MATERIALS:

- Development of a form or forms that provides a mechanism for documenting: patient motivation (willing/unwilling to quit), provision of the Rs (motivational intervention done or Packet B given), provision of Relapse Prevention intervention, and arranging follow-up if motivated to quit (e.g., discharge form).
- Development of at least two patient education “packets” or handouts (Packet A for patients willing to make a quit attempt and Packet B for patients not willing)
- Identification of other patient education materials Smyth County may feel are needed in order to target specific patient populations (e.g., users of chewing tobacco)
- Identification of a patient education video to use or have available (closed circuit)
- Development of a consultation form (if needed)
- Development of a one-page list of community resources (including Quitlines)

EDUCATION NEEDS

WHO	WHAT	HOW
Admitting staff	Instruction on procedure/form for identifying and documenting smoking status (smoked in past 12 months: Yes/No): INTAKE FORM	
	Instruction on referral to Cardiopulmonary Unit (and documentation of same): SMOKING CESSATION EDUCATION ORDER	
Cardiopulmonary Unit staff	Instruction on procedure/form for identifying and documenting smoking status (current smoker or recent quitter)	
	Education on how to advise quitting and determine motivation (current smokers)	Read Quick Reference Guide, watch video vignettes
	Instruction on procedure/form for documenting advice to quit given and motivation assessed (willing or unwilling)	
	Education on how to do smoking cessation education (including education about medications), instruction on what materials to use and/or video to show (packet "A"), training in smoking cessation counseling (?), instruction on referral for medications: willing current smokers	Read Quick Reference Guide, watch video vignettes, take online courses, attend in-service trainings (use CTRI provider training manuals), use info from <i>Tobacco Dependence Treatment Handbook</i> , access USPHS resources (check Internet for other resources)
	Training in how to do motivational interventions, education on use of materials for motivational intervention (packet "B"): unwilling current smoker	Read Quick Reference Guide, watch video vignettes, take online courses, attend in-service trainings
	Training in how to do Relapse Prevention counseling, instruction on use of resource list and referral to Quitline: recent quitter	Read Quick Reference Guide, take online courses, attend in-service trainings
	Instruction on procedure/form for documenting the action taken (including materials given, referrals made).	
Cardiopulmonary Unit or Discharge Planner?	Education on arranging follow-up (willing smoker with Quit Date) or providing post-discharge cessation resource list or referral to community/Internet/Quitline, instruction on procedure/form for documenting follow-up arranged, list given or referral	

Sources of Education and Training

PRINT & VIDEO:

- CTRI manual “Treating Tobacco Use and Dependence in Hospitalized Smokers” (binder with enhanced version provided by APTNA at Learning Session)
- CTRI training manual with video “Treating Tobacco Use and Dependence: Practical Strategies to Help Your Patient Quit”
- “Take Time to Help” video (copy provided by APTNA)
- USPHS “Treating Tobacco Use and Dependence: Quick Reference Guide” (and/or full guide)
- Abrams, et. al., “Tobacco Dependence Treatment Handbook”
- Articles-abstracts provided by APTNA (hard copies and also on disk)

ONLINE:

- Links to numerous courses: APTNA website (www.aptna.org) – go to Related Links page and click on “Online Courses” (there are 2 pages of links to online courses).
- UW Medical School course based on the USPHS guideline (www.cme.wisc.edu/online/ctri)
- *How to Help Older Adults Quit Smoking* from The Nursing Center website (www.nursingcenter.com/prodev/ce_article.asp?tid=289133)
- Interactive course from Canada (www.rnao.org/smokingCessation/index.asp)

Sources of Materials

FORMS: revise current forms, use discharge form printed by VDH, develop new forms:

- See samples distributed by other facilities in VHQC Collaboratives
- See WVA Freedom From Tobacco Program sample in binder (“Additional Resources”)
- Obtain CD-ROM version of ACCP’s “Tobacco Cessation Tool Kit”
- Check National Pneumonia website for sample forms

PROVIDER EDUCATION:

- CTRI manuals: download from website (or contact Sandy Keller at 608-265-4869 or slk@ctri.medicine.wisc.edu): http://www.ctri.wisc.edu/main_dept/guide/guide_main.html
- USPHS Quick Reference Guide: order from AHRQ (order form in enhanced binder)

PATIENT EDUCATION (see samples in enhanced binder):

Packet A (for patients willing to quit)

- List of toll-free phone counseling numbers (Quitlines), online programs, local programs (if any)
 - Self-help booklet(s) and clinician tearsheet (USPHS)
 - Pamphlets targeted to patient characteristics (disease, age, gender, weight gain, etc.)
- (Other self-help booklets: ACS “Smart Move,” ALA “Quitting for Life,” NCI “Clearing the Air”)

Packet B (for patients not willing/ready to quit)

- ACS “When Smokers Quit” pamphlet and list of Quitlines
- Pamphlets on secondhand smoke
- NCI “Why Do You Smoke?” booklet/USPHS hospital card
- Pamphlets targeted to patient characteristics (disease, age, gender)

Relapse Prevention

- List of toll-free phone counseling numbers (Quitlines), online programs, local programs (if any)

SMYTH COUNTY COMMUNITY HOSPITAL
IMPLEMENTING CLINICAL PRACTICE GUIDELINE STRATEGIES: SMOKING CESSATION

ASK
INTAKE
 "Smoked in past 12 months?"

Smoking Cessation Education Order ← YES ←

→ NO ↓

CARDIOPULMONARY UNIT
 "Are you currently a smoker?" or "Were you a smoker before admission"

YES ↓

NO ↓

ADVISE (Clear-Strong-Personal)
ASSESS
 "Are you interested in quitting/would you like to quit?"

YES ↓

NO ↓

WILLING ASSIST

- Help patient make a plan (coping skills, support, medications)
- Provide patient education packet "A"
- Refer for Rx meds

ARRANGE

- Arrange follow-up appt.
- Refer to Quitline, community/Internet program

UNWILLING MOTIVATE (5Rs)

- Elicit from patient: Relevance, Risks, Rewards
- Discuss barriers and refer to Quitline, community/Internet programs
- Provide patient education packet "B"

RECENT QUITTER RELAPSE PREVENTION

- Provide "Minimal Practice Relapse Prevention"
- Provide list of resources (community, phone, Internet)

SUPPORT and ENCOURAGE RN/MD?
 Youth: "That's a mature decision"
 Ex-smoker (no matter how long ago they quit): "Congratulations!"
 Parents: "Eliminate exposure to secondhand smoke"
ENCOURAGE ADVOCACY:
 for clean indoor air policies or laws

Smoke-Free Virginia
www.smokefreevirginia.org
 1-877-856-5177 (Quit Kit)

Free Online Programs
www.lungusa.org/ffs
www.smokefree.gov

National Quitlines
 1-877-44U-QUIT (NCI)
 1-800-548-8252 (ALA)
 1-877-856-5177 (DC)

Local Programs Info
 1-800-LUNG USA

STAFF NEEDS TO KNOW:

- Clinical practice guideline strategies are evidence-based: do them
- Multiple interventions work best: do your one part and encourage patient to seek additional help
- Change is a process (accomplished in stages): be patient but persistent
- Tobacco use and dependence is complex that includes “brain disease” (drug dependence), social, emotional, behavioral, and psychological aspects: individual plans to address relevant aspects are needed
- It is up to the patient to “do” the plan: encourage use of effective tools
- It is up to you to promote health: advocate for access to effective tools (coverage/reimbursement)

PATIENTS NEED TO KNOW:

- What works: elements of a successful Quit Plan
 - Problem solving/skill-coping development
 - Support
 - Medications
- How/where to find those elements (tools) in their own lives and communities
- Tobacco use and dependence is complex: personal plans work best and multiple attempts may be necessary