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# Pharmacy Student-Led Evaluation of Patient Willingness for Smoking Cessation Utilizing Various Smoking Cessation Methods

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# Pharmacy Student-Led Evaluation of Patient Willingness for Smoking Cessation Utilizing Various Smoking Cessation Methods

## **Abstract**

**Purpose:** The ever-growing variety of methods available for smoking cessation have the potential to lead to confusion influencing a patient's willingness to quit smoking. The aim of this study is to investigate if a change in patient motivation and product preference has occurred after receiving education on the various smoking cessation products

**Methods :** An informative poster was created to highlight different smoking cessation methods .A questionnaire was developed to assess patient motivation to quit utilizing the 'Readiness to Quit Ladder' and patient experiences with or preference between various smoking cessation methods.1 The poster was displayed in various pharmacy settings, including community pharmacies, ambulatory care clinics, and smoking cessation group visits. Motivation to quit was assessed prior to and following a brief educational discussion and presentation of the poster.

**Results and Discussion:** Education on various methods of smoking cessation products did not significantly improve motivation to quit, likely due to the fact that patients included in the study presented high motivation at baseline. The majority of patients had made previous attempts to quit smoking in the past, and the nicotine replacement patch was used more often than other smoking cessation methods. Following education a greater number of patients were likely to use prescription smoking cessation methods. Patients were reluctant to discuss their smoking habits and previous attempts quitting. There was limited participation in the survey in the community pharmacy setting. This may be due to unease or aversion to discuss the topic in a public space or due to people's limited experiences in having clinical conversations in a community pharmacy setting.

## **Keywords**

fsc2015

## **Disciplines**

Pharmacy and Pharmaceutical Sciences

## **Comments**

Presented at the AACP Annual Meeting in Dallas, Texas.

# Pharmacy student-led evaluation of patient willingness for smoking cessation utilizing various smoking cessation methods

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## Purpose:

- The ever-growing variety of methods available for smoking cessation have the potential to lead to confusion influencing a patient's willingness to quit smoking
- The aim of this study is to investigate if a change in patient motivation and product preference has occurred after receiving education on the various smoking cessation products

## Methods:

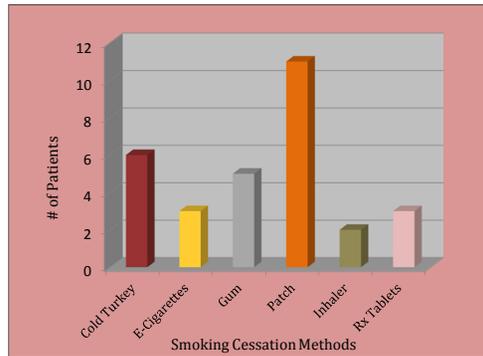
- An informative poster was created to highlight different smoking cessation methods (Fig.1)
- A questionnaire was developed to assess patient motivation to quit utilizing the 'Readiness to Quit Ladder' and patient experiences with or preference between various smoking cessation methods<sup>1</sup>
- The poster was displayed in various pharmacy settings, including community pharmacies, ambulatory care clinics, and smoking cessation group visits
- Motivation to quit was assessed prior to and following a brief educational discussion and presentation of the poster

Figure 1: Informative Poster

## Knowledge assessment prior to education:

- Do you or anyone in your home currently smoke?
- Have you/they ever tried to quit or thought about quitting?
- Please identify how motivated you/they currently are to quit smoking?
- What methods did you/they use to help quit in the past?

Figure 2: Previous smoking cessation methods



## Knowledge assessment following education:

- Identify how motivated you are about quitting after listening to the various options presented to you to help you quit.
- How likely are you to use/recommend over-the-counter products to quit smoking? prescription product? or electronic cigarette?

Figure 3: Preference towards methods after education

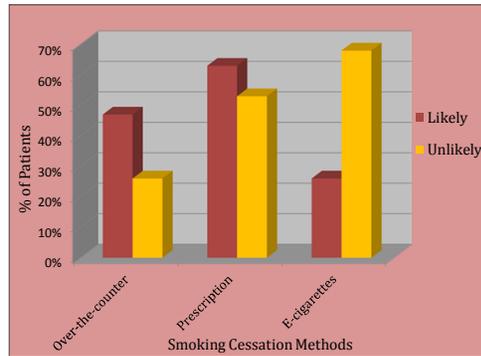


Table 1: Baseline demographics

Demographics	Number of patients (n=19)
Current Smokers	18 (95%)
Prior attempt to quit	18 (95%)

Table 2: Impact of education on motivation to quit

Motivation to Quit	Pre	Post
I have quit smoking	1 (5%)	1 (5%)
Making changes & set quit date	11 (58%)	13 (68%)
Plan to quit in next 30 days	2 (11%)	2 (11%)
Plan to quit in next 6 months	3 (16%)	2 (11%)
Often think about quitting but no plans to quit	2 (11%)	1 (5%)

## Reference:

1. Abrams DB, Niaura R, Brown RA, Emmons KM, Goldstein MG, Monti PM. *The Tobacco Treatment Handbook: A Guide to Best Practices*. New York: Guilford Press, 2003. (page 33) Adapted by Center for Tobacco Independence.

## Results and Discussion:

- Education on various methods of smoking cessation products did not significantly improve motivation to quit, likely due to the fact that patients included in the study presented high motivation at baseline (Table 2)
- The majority of patients had made previous attempts to quit smoking in the past, and the nicotine replacement patch was used more often than other smoking cessation methods. Following education a greater number of patients were likely to use prescription smoking cessation methods (Table 1, Figs. 2&3)
- Patients were reluctant to discuss their smoking habits and previous attempts quitting. There was limited participation in the survey in the community pharmacy setting. This may be due to unease or aversion to discuss the topic in a public space or due to people's limited experiences in having clinical conversations in a community pharmacy setting.

**Disclosure:** Authors of this presentation have the following to disclose concerning possible financial or personal relationships with commercial entities that may have a direct or indirect interest in the subject matter of this presentation: Anita Peña: Nothing to Disclose; Matthew Stryker: Nothing to Disclose; Nabila Ahmed-Sarwar: Nothing to Disclose; Angela Nagel: Nothing to Disclose

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