

# Referral to In-Person Smoking Cessation Counseling as a Smoking Cessation Aid

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## Purpose

The purpose of this quality improvement project is to assess the number of patients who are current tobacco smokers and were referred to in-person smoking cessation counseling.

### • Specific Aims:

- Determine the effectiveness of in-person smoking cessation counseling
- Present data on demographics of patients who were referred to counseling
- Compare the data on those who attended smoking cessation counseling
- Allow data for providers to implement referrals to in-person smoking cessation counseling

## Methods

### • Retrospective chart review

- 50 electronic medical records (EMR) were reviewed from January 1st, 2023- June 30th, 2023
- EMRs from a metropolitan underserved primary care clinic in Memphis, TN
- Study population:
  - Patients were randomly selected
  - Adult patients ages 30-78 were included
  - Patients had a diagnosis of tobacco/ smoking use documented in the EMR
  - Of the individuals referred, groups were divided by gender and by those who attended in-person counseling and those who did not

## Implications for Practice

### • In-Person Counseling Sessions

- Females are more likely to be referred to smoking cessation counseling and attend
- Implementing referrals to smoking cessation counseling may be an effective smoking cessation intervention, specifically for females
- More research is needed regarding follow-up and long-term smoking cessation
- This study is feasible and may be replicated in practice
- In-person counseling is another method that may be used to aid in smoking cessation
- **Future research:**
  - Identify patient demographics, like smoking history, socioeconomic status, current comorbidities, and previous attempts at smoking cessation

## Background: Burden on Healthcare

### • Burden on the Individual

- Tobacco smoking is the leading cause of preventable death in the U.S.
- Smoking increases risk of chronic disease and mortality

### • Burden on the Healthcare System

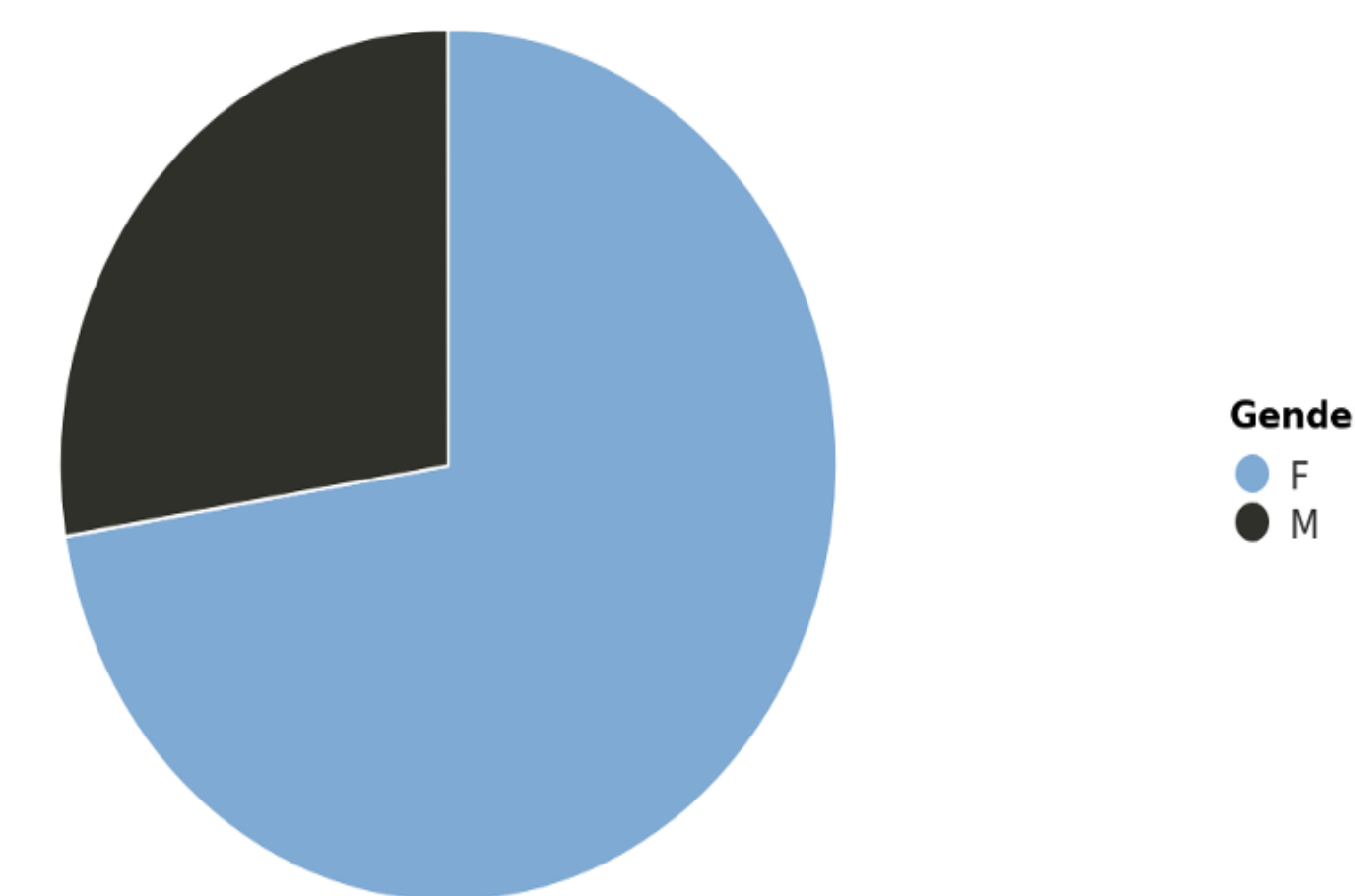
- There are an estimated 5 million tobacco-related deaths each year due to tobacco smoking
- Additional costs due to increased treatments, supplies, staffing, etc.

### • Previous Studies

- Previous research regarding smoking cessation resources has primarily focused on traditional primary care offices
- In-person counseling may be used as a behavioral modification tool to increase smoking cessation rates
- Individual counseling alone was seen to be effective and increase the likelihood of cessation compared to less intense treatment

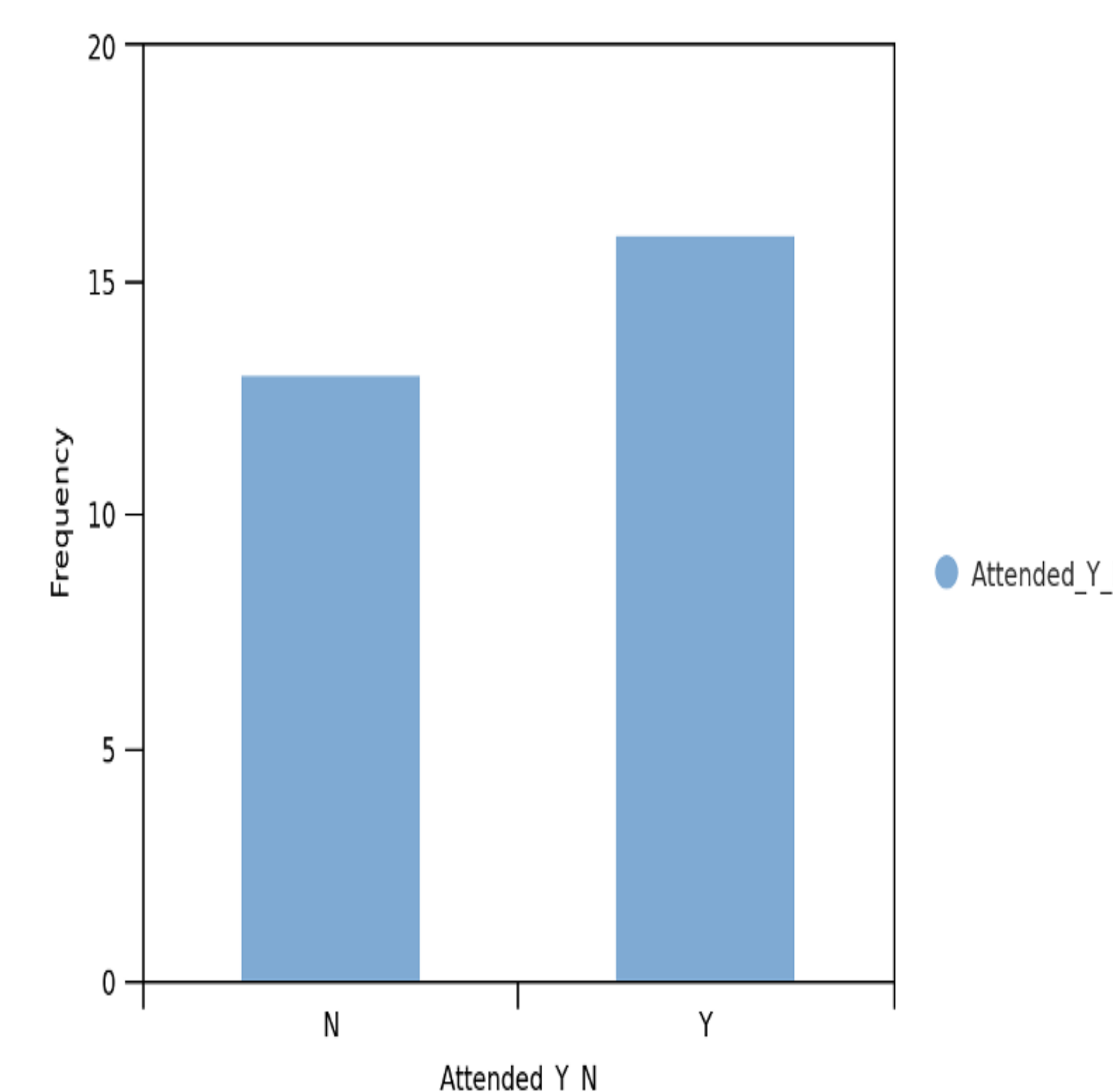
## Results

- 29 patients (58%) were referred to an in-person counseling program
- 79% of those referred were female
  - Mean Age: 52.8
  - Age range of referred patients: 30-78



## Results

- Of patients referred, 55.2% attended the counseling sessions
- 44.8% of patients did not attend counseling sessions



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