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

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

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 attend the counseling sessions

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

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

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

References


