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Impact of a Pharmacist-Managed Smoking Cessation Program

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Presenters

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Introduction

Smoking is an addiction that many people struggle with. Smoking has many adverse effects such as cancer, cardiovascular disease, respiratory disease etc. The purpose of a Smoking Cessation program is to help smokers quit smoking. Through these programs, patients can talk through the factors that led to their smoking addiction and can be provided with helpful medical advice. The success rate of the patients who stop smoking varies per program. This study evaluated the success of a Pharmacist-managed smoking cessation program at a federally qualified health center.

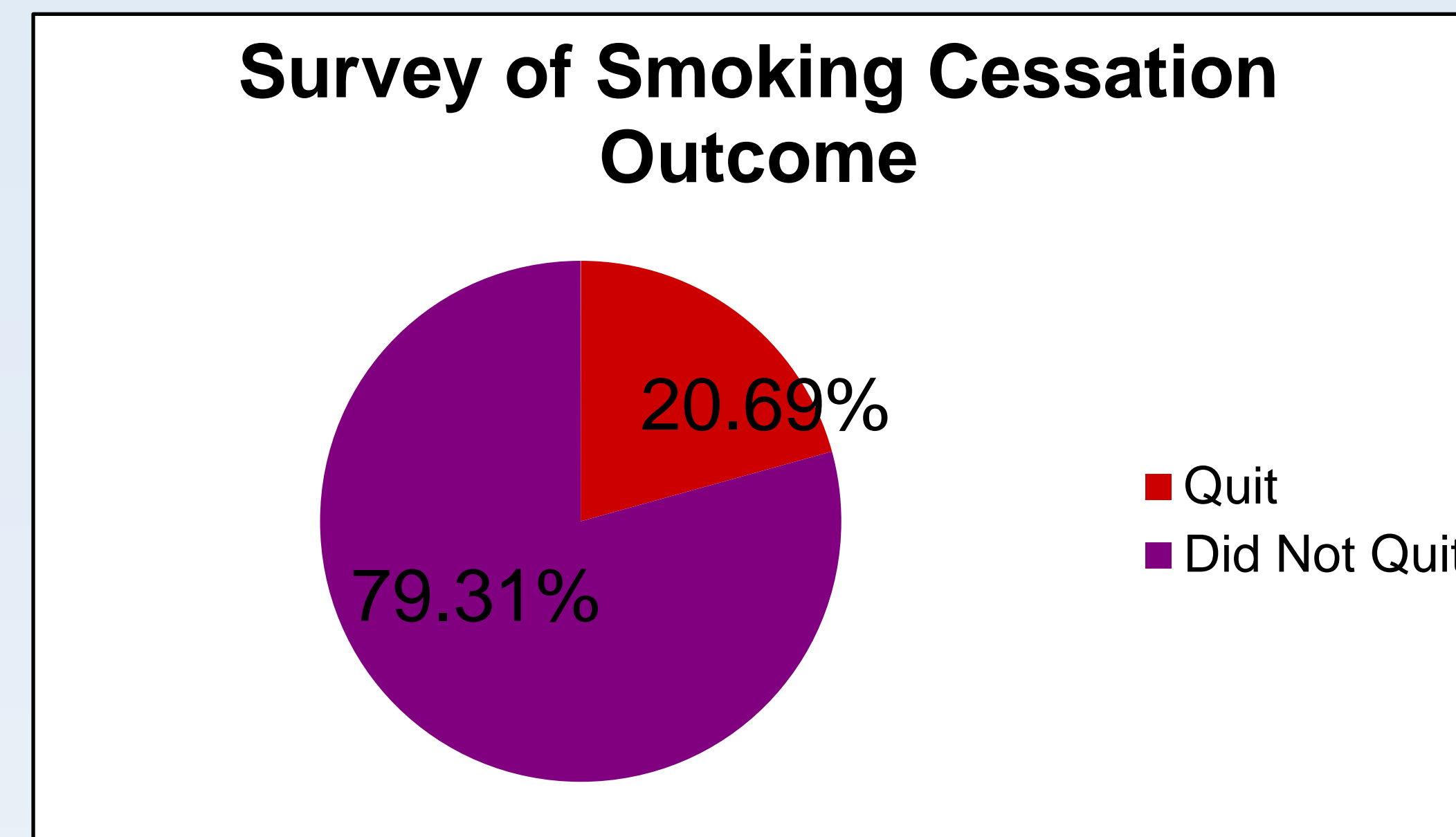


Figure 1
Percentage of Patients who have quit smoking

Figure 1: % Patients who quit = $(\text{no. of patients who quit} / \text{Total no. of patients}) * 100$
 $= (12/58) * 100 = 20.69\%$

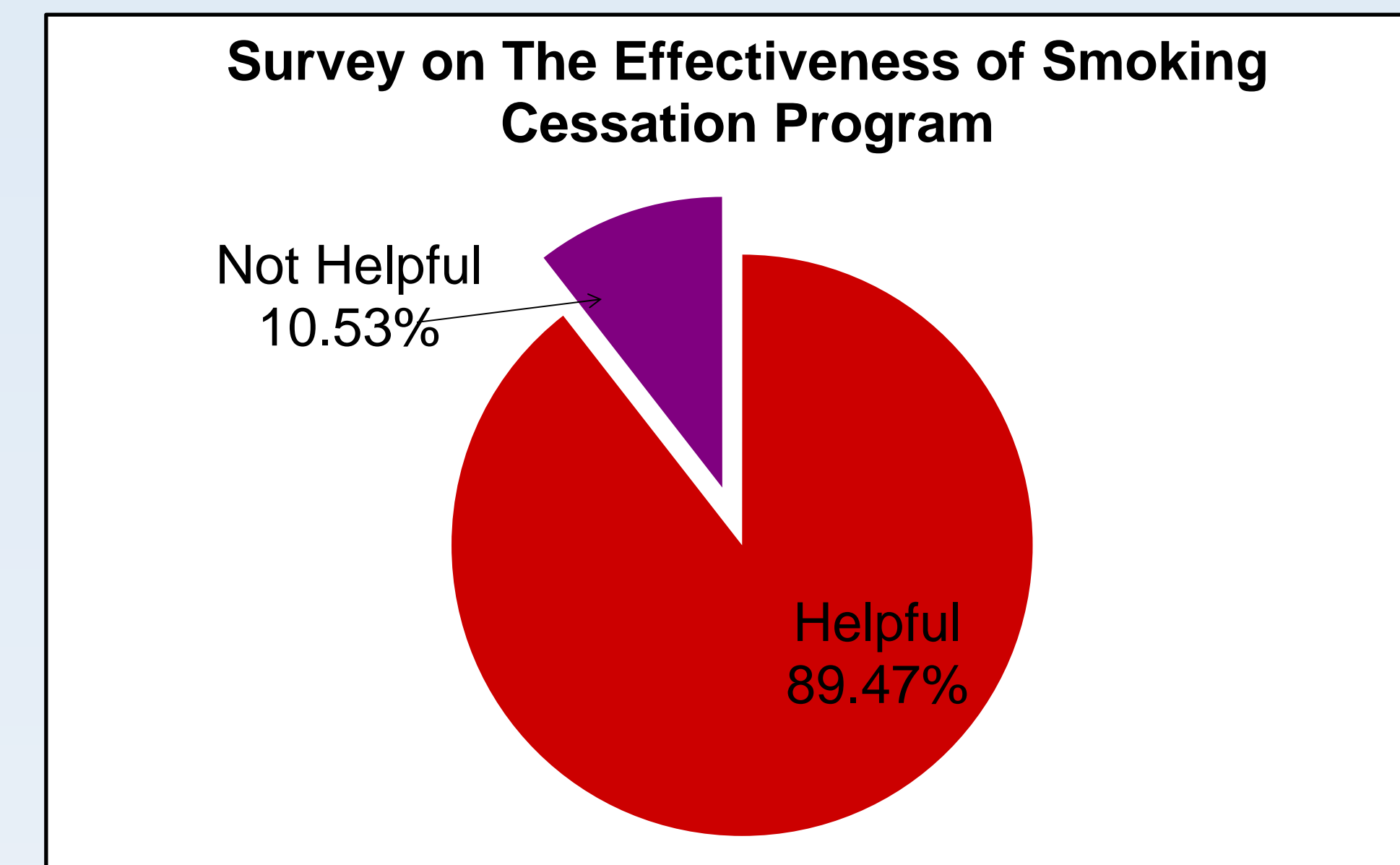


Figure 2
Percentage of the Patients who thought the program was helpful.

Figure 2: % Patients who thought program was helpful = $(17/19) * 100 = 89.47\%$

Purpose

The purpose of this research study was to evaluate the effectiveness of a pharmacist led smoking cessation program. The project evaluated how many patients actually quit smoking, and tried to find which part of the program was effective for the patient.

Methods

The data required was collected via phone-call surveys. Participants who were previously part of the Pharmacist-managed smoking cessation program were asked if they had quit smoking and what part of the program they found helpful. If the participant did not complete the telephone survey, their smoking status upon discontinuation of the smoking cessation program was obtained through an electronic health record maintained by the Pharmacist. IRB approval was obtain to conduct this study.

Results

A total of 19 patients completed the survey.

- 32.75% (19/58) completed the survey.
- 20.69% (12/58) of program participants successfully quit smoking.
- 89.47% (17/19) of the surveyed participants thought the program was helpful.

Surveyed patients identified three areas of the program that they found helpful in their quit attempt: Learning, Counseling, and Medication.

Table 1
Responses to Helpfulness of Program

Most Helpful Aspect	Responses receive from patients surveyed.
Learning how to stop smoking	2
Counseling received from Pharmacist	10
Medications used to aid in smoking cessation	4

Conclusion

To conclude, the program did help some patients quit smoking or progress towards a tobacco-free life.. Although no smoking cessation program has a 100% success rate, they are important because they help the people who are willing to put in the time and effort to utilize the program and as a result put a stop to their addiction.

References

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- 2)Schuck, K., Otten, R., Kleinjan, M., Bricker, J. B., & Engels, R. C. (2011). Effectiveness of proactive telephone counseling for smoking cessation in parents: Study protocol of a randomized controlled trial. BMC Public Health, 11(732).