



## Helping Nurses Help Smokers Quit

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# Disclosures

This education course is sponsored by OHSU Hospitals and the OHSU Smoking Cessation Center with partial funding from an unrestricted Pfizer Medical Education Grant.

***BACKGROUND***

# Helping Nurses Help Smokers Quit

- About half of smokers will die from a tobacco related illness.
- The average smoker lives 10 years less than a nonsmoker.
- Cigarettes contain 4,000 chemicals including about 40 carcinogens, and all smoke contains carbon monoxide.
- About 17% of Oregon adults and 22% of OHSU patients smoke.
- About 70% of smokers report wanting to quit smoking.
- Most smokers try to quit on their own and most fail.

# Treating Tobacco Dependence in the Hospital

- Illness is often a motivator for smokers to try to quit.
- Hospitalization is a “teachable moment”.
  - An important opportunity when smokers may be more receptive to quitting and to provide treatment that patients would otherwise not seek.
- Patients who receive treatment for tobacco dependence while they are in the hospital and follow-up when they are discharged are 65% more likely to remain abstinent than patients who don’t.
- **QUITTING IS IMPORTANT FOR HEALING AND RECOVERY.**

1. Benowitz et al., *Progress in Cardiovascular Diseases* 2003; 2. Hedblad et al., *Atherosclerosis*, 2004



# Needs Assessment

- Nurses play an essential role in delivering smoking cessation education and meeting Joint Commission core measures.
  - Tobacco screening and advice/counseling for patients with *pneumonia*, *AMI*, and *heart failure* for accreditation
- Nurses often do not have sufficient training to address tobacco use with patients. Treatment pathways and professional training in the hospital have been slow to develop.
- More general tobacco training (5 A's: Ask, Advise, Assess, Assist, Arrange) does not easily fit into hospital based nursing.

# Needs Assessment

- How to integrate the 5 A's into the nursing workflow, hospital system, and electronic medical record?
- Identified 3 quality improvement steps for nurses:
  - ASK
  - EDUCATE
  - REFER

***PURPOSE***



# Program Goals

- Improve the amount, quality, and coordination of tobacco dependence treatment for hospital patients through nursing leadership and participation.
- Meet or exceed Joint Commission requirements.

# Gap between Quality Improvement goals and performance

January-June 2009	%	Joint Commission Goals	OHSU QI Goals
Smoking Status Documented	75%	90%	100%
Smokers with nursing education documented	63%	90%	90%
Patients referred to Tobacco Consult Service	Average 30/month	Not a current JC goal	100/month

# ***METHODS***

# Program Structure

- Nursing Advisory Committee
  - Provided feedback on content.
  - Assisted with strategies for reaching nurses.
  - Helped to integrate Joint Commission requirements, quality improvement goals for nurses, and EMR data showing nurses performance to date.

# Role of the Nurse

**Don't be Silent About Smoking**



**Start the Conversation:  
Help your patients begin quitting**

If the 2.2 million working nurses in the U.S. each helped one person quit smoking per year, nurses would triple the U.S. quit rates.

**Ask • Educate • Refer**

For more information, see the "Helping Nurses Help Smokers" toolkit under "Useful Tools" on the Nursing Portal. Questions? Call the Tobacco Cessation Consult Service at 6-0072.

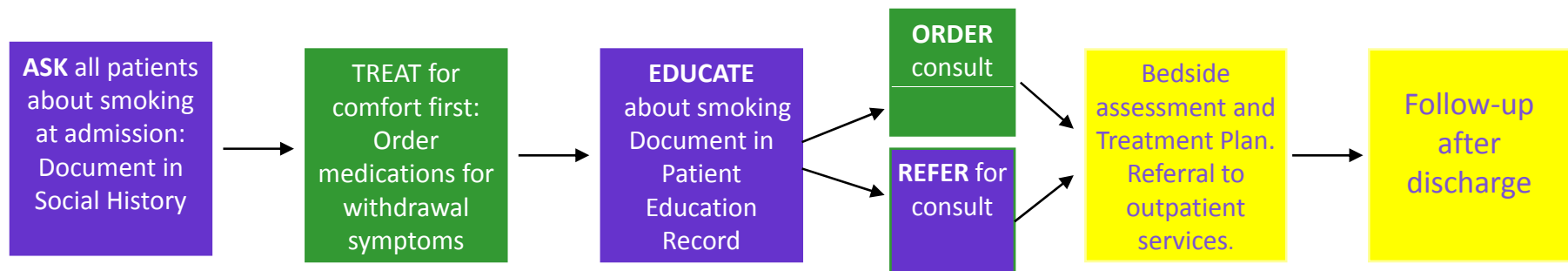
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# ASK, EDUCATE, REFER

# ASK, EDUCATE, REFER

- **ASK EVERY PATIENT** about smoking status at admission and document.
- **EDUCATE** patients on how to start the quit process and document in patient education record.
- **REFER** appropriate patients to the Tobacco Consult Service.

# Treatment for hospitalized patients takes a team effort



Nurses

MD

Consult NP

# Program Development

- **Phase One**

- Developed an online Smoking Cessation Toolkit for OHSU Nurses.
- Presented at unit staff and education meetings, Education Council, Nursing Collaborative, new employee orientation.
- 4 hour continuing education program for OHSU Nurses.
- Training program for outside hospital.

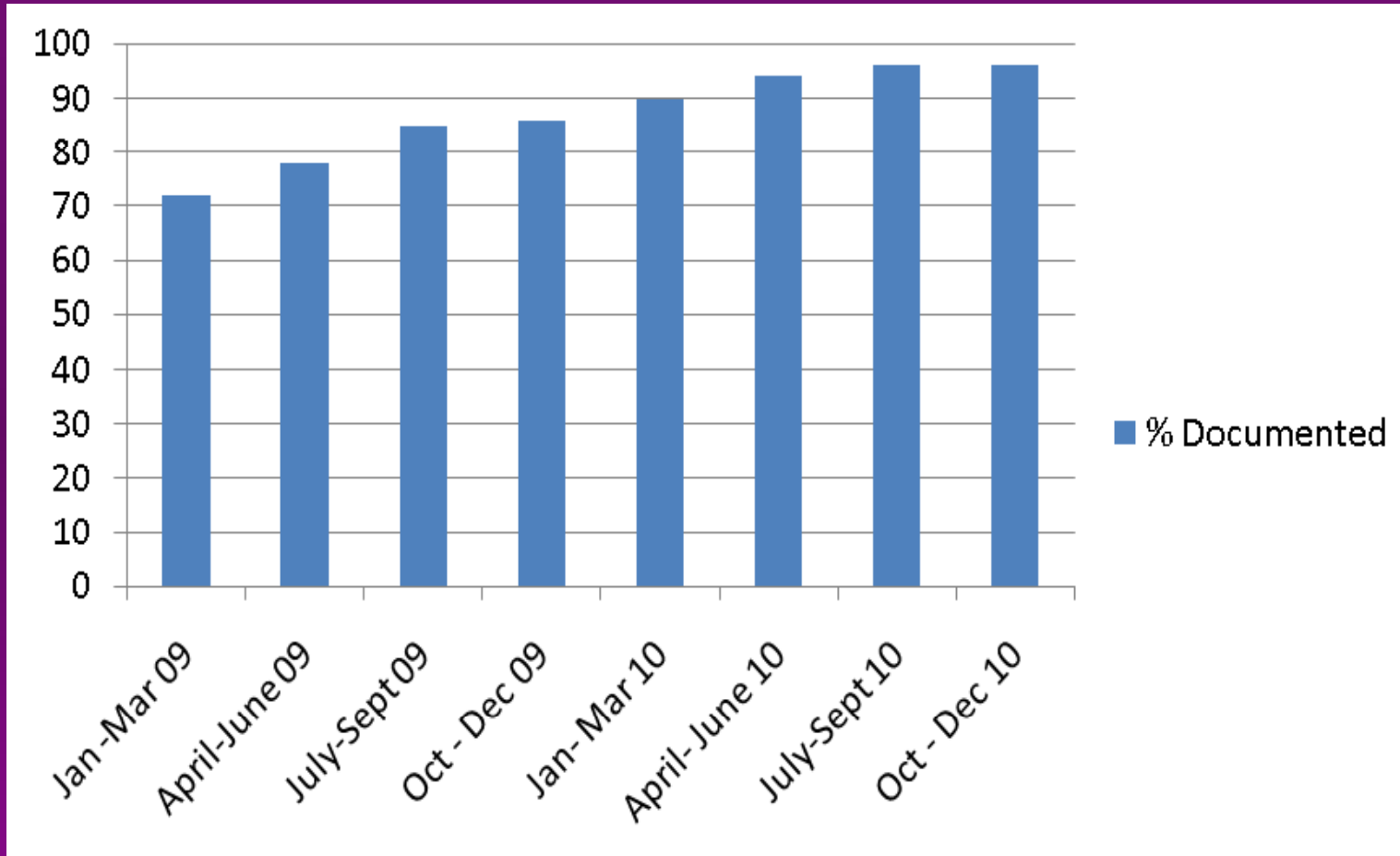
- **Phase Two**

- Online continuing education program for nurses.
- Provide the toolkit for use in other hospitals.



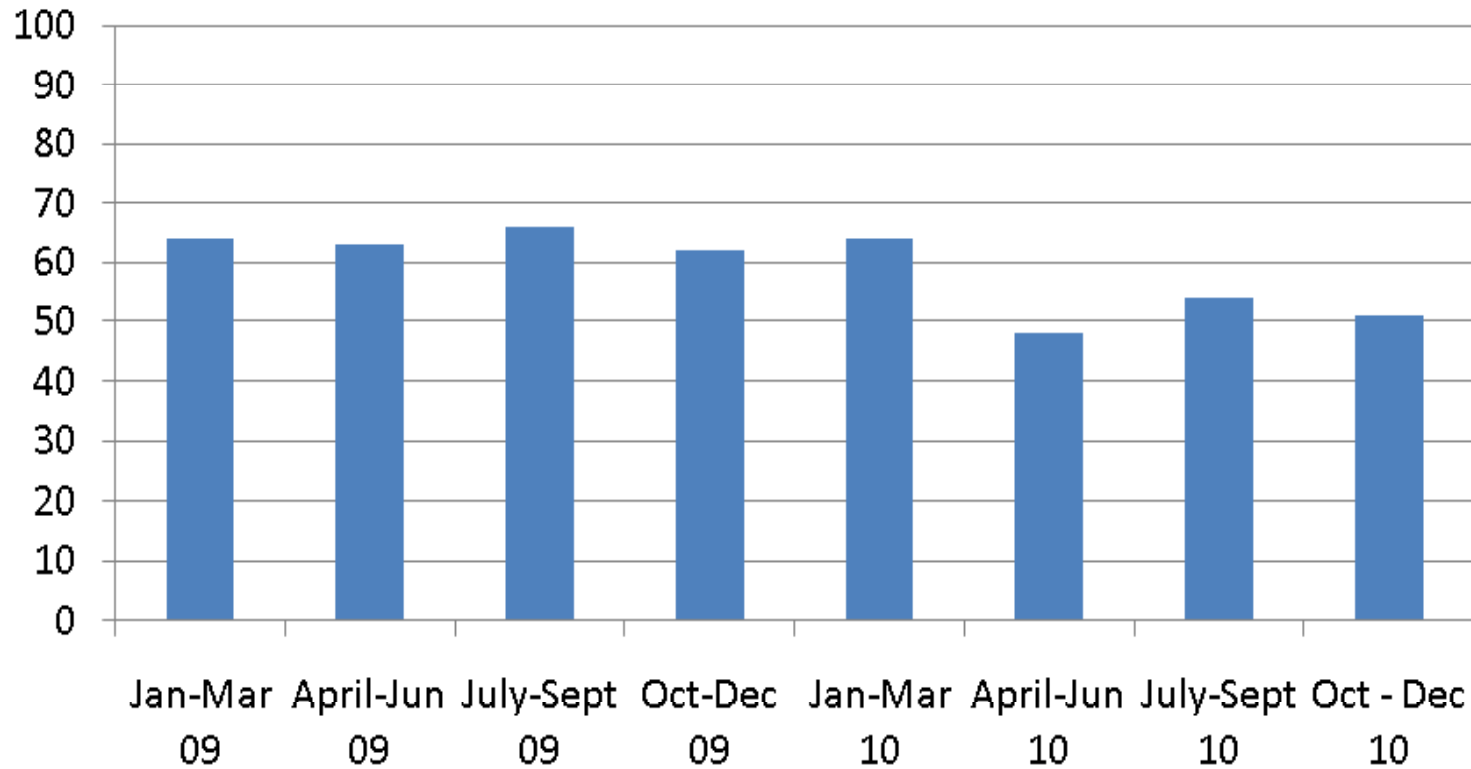
# ***RESULTS***

# Documenting Smoking Status: ASK

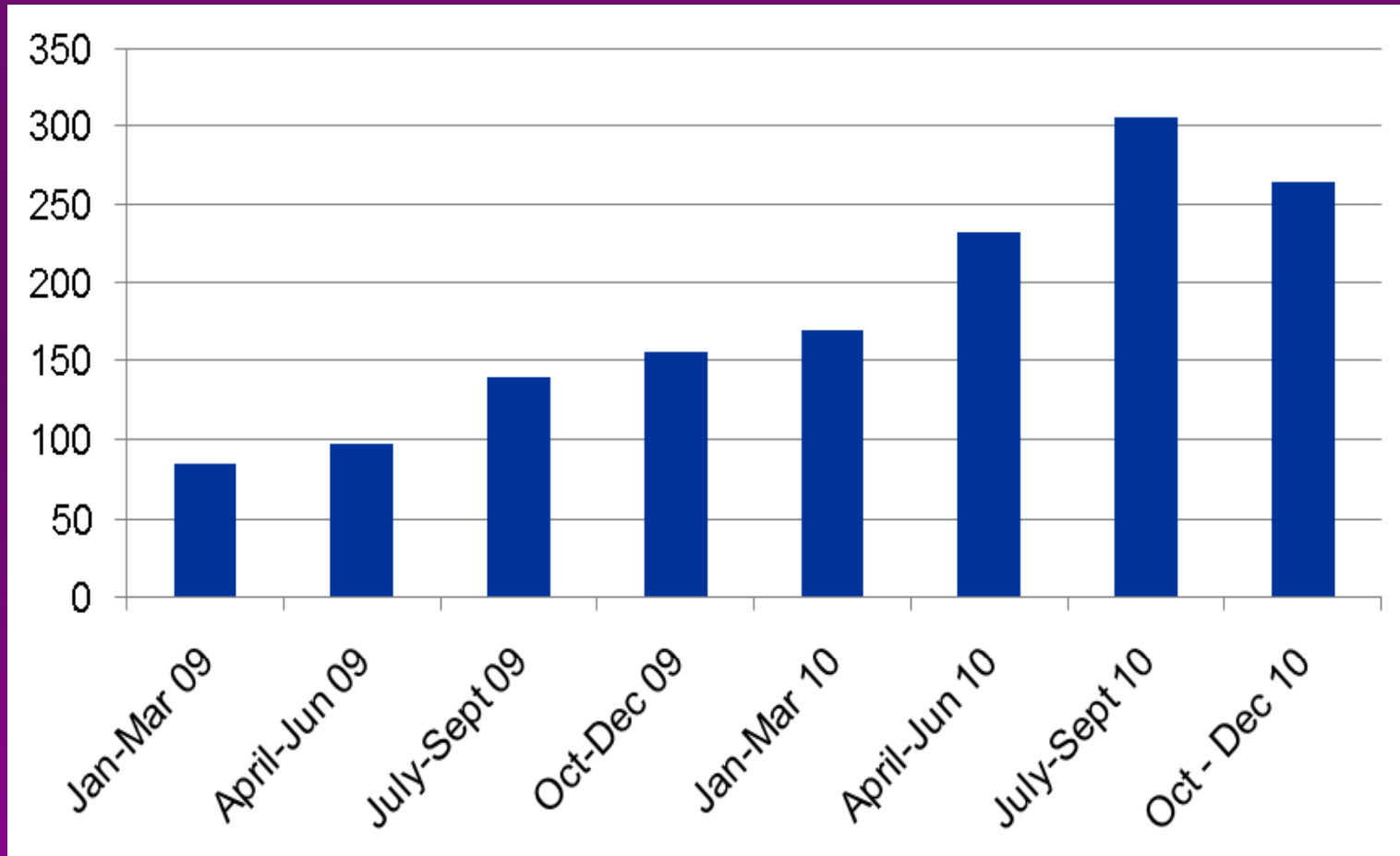


\*Excludes children's hospital, psych unit, same day units.

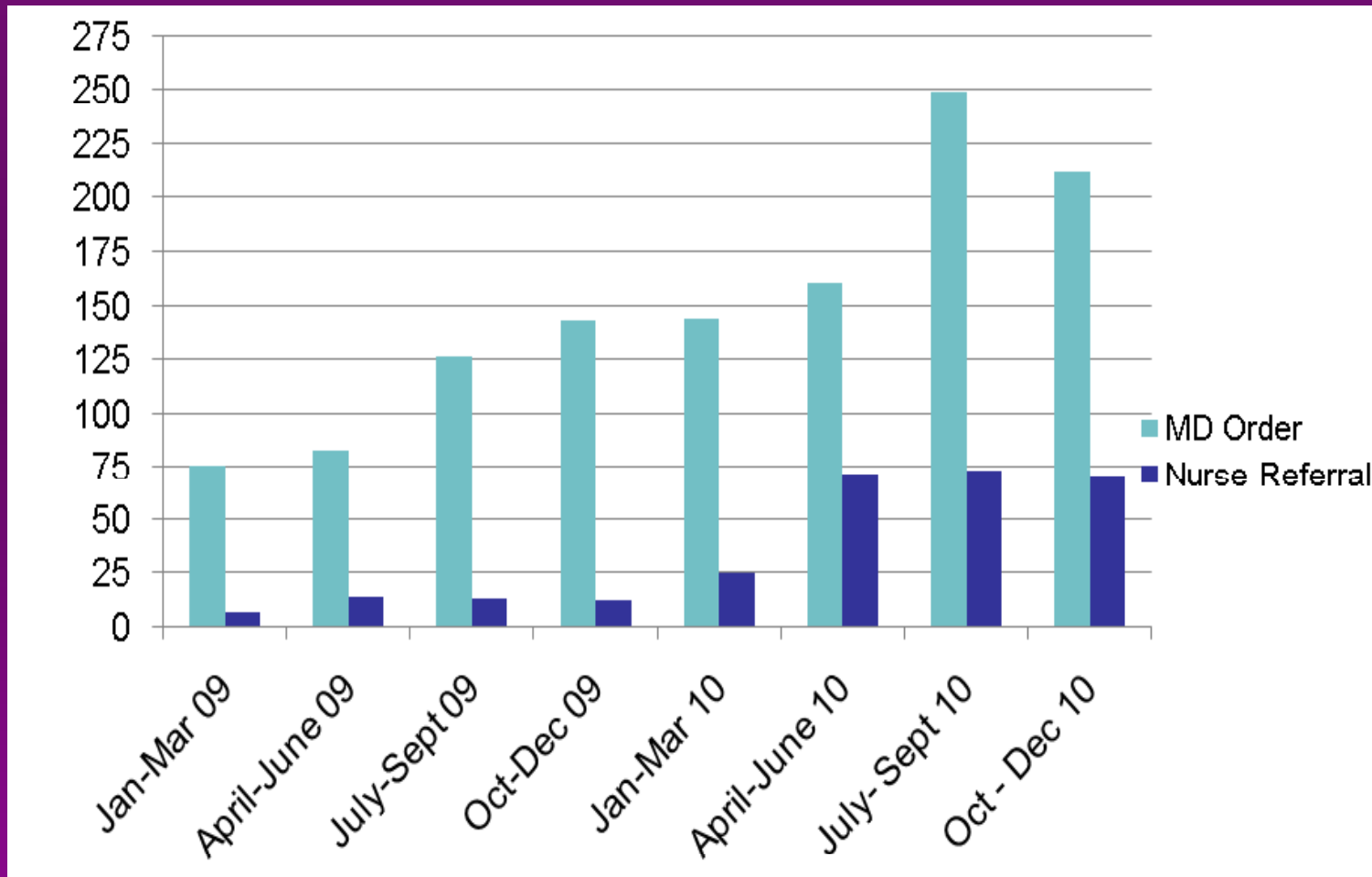
# Documentation of education in Patient Education Record: EDUCATE



# All Referrals to Tobacco Cessation Consult Service: REFER



# Nurse and MD Referral to Tobacco Cessation Consult Service: NURSE REFERRAL



# Patient Results

Consults Complete Jan 09 – Dec 10	TOTAL NUMBER	PERCENT
Consented to Follow-up	760	66%
Reached for Follow-up	455	60%
Abstinent since discharge	221	49%
Reduced since discharge	152	33%

***CONCLUSION***

# Conclusions

- Significant improvement in documentation of smoking status and referral for a tobacco cessation consult.
- Rate of documentation of education was not affected.
- To help improve rates of nursing education, smoking cessation education was added to annual nurse competencies.



## Next Steps

- Build on the teamwork model of hospital care.
- Program development aimed towards helping doctors, NPs and PAs providing evidence-based treatment of tobacco dependence.