

# **The Motivational Efficacy of Spirometric Health Evidence in Smoking Cessation**

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## **Introduction**

Common sense suggests that attempts at smoking cessation are more likely to be successful when the participants are motivated by tangible evidence of the destructive nature of their habit. It is the purpose of this study to investigate and quantify the motivational efficacy of spirometric health evidence as a tool for smoking cessation within the patient population in North Charleston, SC.

## **Methods**

Patients > 45 years of age and with tobacco exposure > 20 years will be classified into stages as to their pre-encounter position: pre-contemplative, contemplative or action. This position will be reassessed following 1) a brief, standardized presentation on the health hazards of smoking, and 2) explanation of the spirometric evaluation to be performed during the visit.

## **Results**

## **Conclusions**

We have established there is a trend that presentation of tangible evidence of the long-term effects of smoking on lung function to smoking patients may be an effective tool in assisting patients with smoking cessation. However, more data will need to establish power...