

# Smoking In Newberry County

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Kristen Pettis

MUSC - Dean's Rural Clerkship

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# Lovelace Family Practice Prosperity, SC

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Special thanks to:

- Tobacco Intervention & Prevention Strategy - Renee Martin
- Breather's Choice at Newberry County Memorial Hospital Wellness Center
- American Cancer Society
- Lovelace Family Practice
- Newberry County Memorial Hospital

# Background Information

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- Smoking is the #1 cause of preventable death in America (Surgeon General).
- 23% of Newberry County residents are smokers.
- Smoking is a risk factor in five of the top leading causes of death in Newberry County.

# Background Information

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- Research supports a Stages of Change Model for smoking cessation which consists of 5 stages: Precontemplation, Contemplation, Preparation, Action, & Maintenance.
- Studies indicate that helping patients progress one stage in one month doubles the chances that they will not be smoking six months later.

# Aims

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- Assess the smoking behaviors of patients in Newberry County Memorial Hospital (NCMH).
- Facilitate the movement of the patient population toward smoking cessation.

# Measures

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- Number of surveys distributed to patients
- Number of patients educated about smoking
- Follow-up phone call to the patient's home to assess number of patients who stopped smoking or progressed toward quitting

# Possible Changes for Improvement

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- Continue education of patients in all healthcare facilities.
- Increase use of motivational interviewing to encourage advancement from one stage to next (Stages of Change Model).
- Provide smoking cessation information to hospitalized patients.

# PDSA Cycle

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## Plan

- Identify number of smokers and those who quit smoking through survey.
- Educate patients of Newberry County Memorial Hospital about smoking.
- Distribute information packets which can be taken home.
- Follow-up with patients through phone call.

# PDSA Cycle

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## Do

- Met with TIPS coordinator and social worker at NCMH to discuss project
- Researched smoking statistics of Newberry County
- Put together smoking packet consisting of pamphlets from TIPS program, Breather's Choice, & American Cancer Society

# PDSA Cycle

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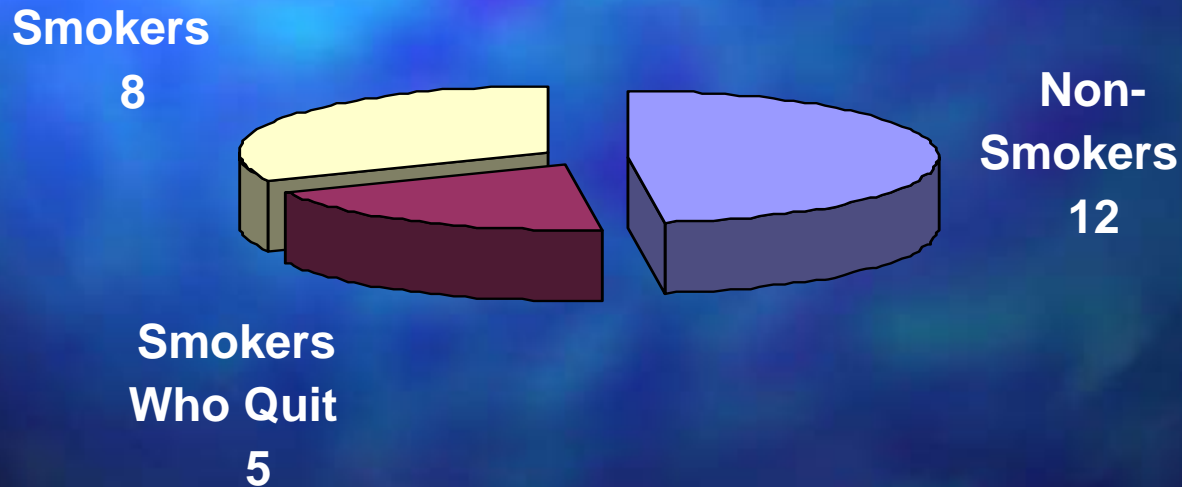
## Do

- Created survey and personal pamphlet to distribute to patients
- Distributed smoking survey and information packets everyday for one week to patients and their visitors at NCMH
- Made follow-up phone calls to those who received a packet to assess smoking status

# PDSA Cycle

## Data Analysis

- 25 people surveyed (14 patients & 11 visitors)



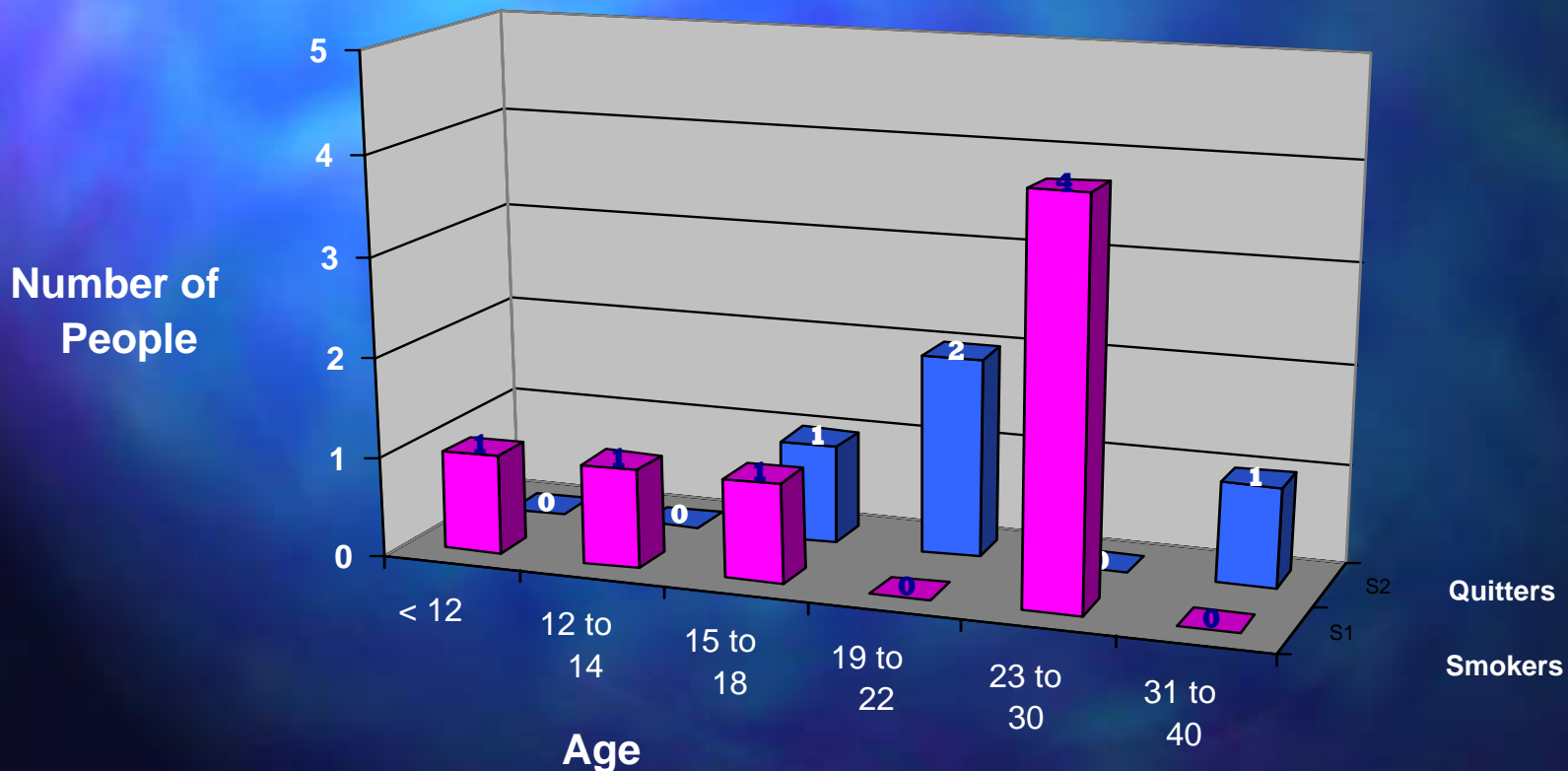
# PDSA Cycle

## Data Analysis

- 14 patients - **3 smokers (21.4%)**, 7 non-smokers (50%), 4 who used to smoke
- **Total of 8 smokers (32%)** - 3 patients & 5 visitors of patients
- Average # of times tried to quit (smokers & quitters) - 2.0
- Of those who smoke or used to smoke - 77% female, 23% male

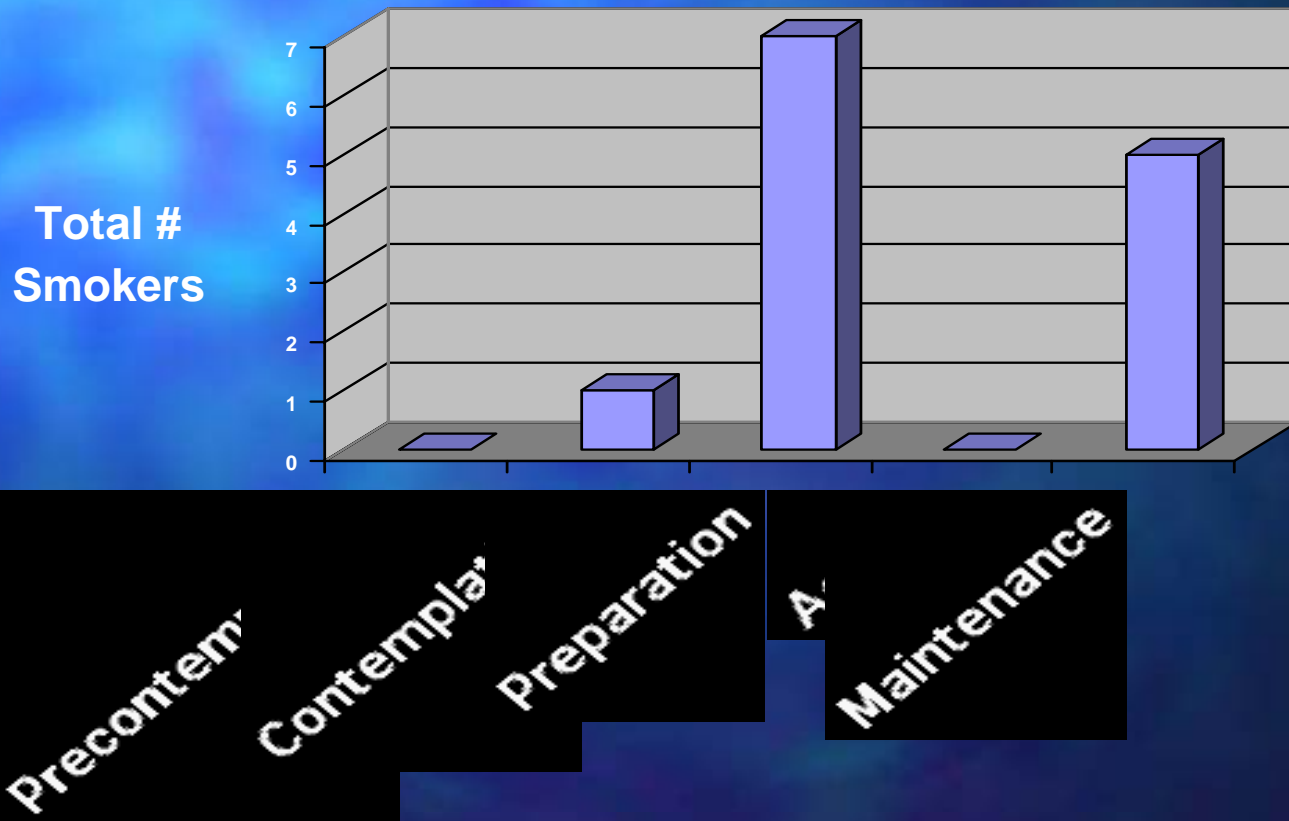
# PDSA Cycle

## Ages Started Smoking



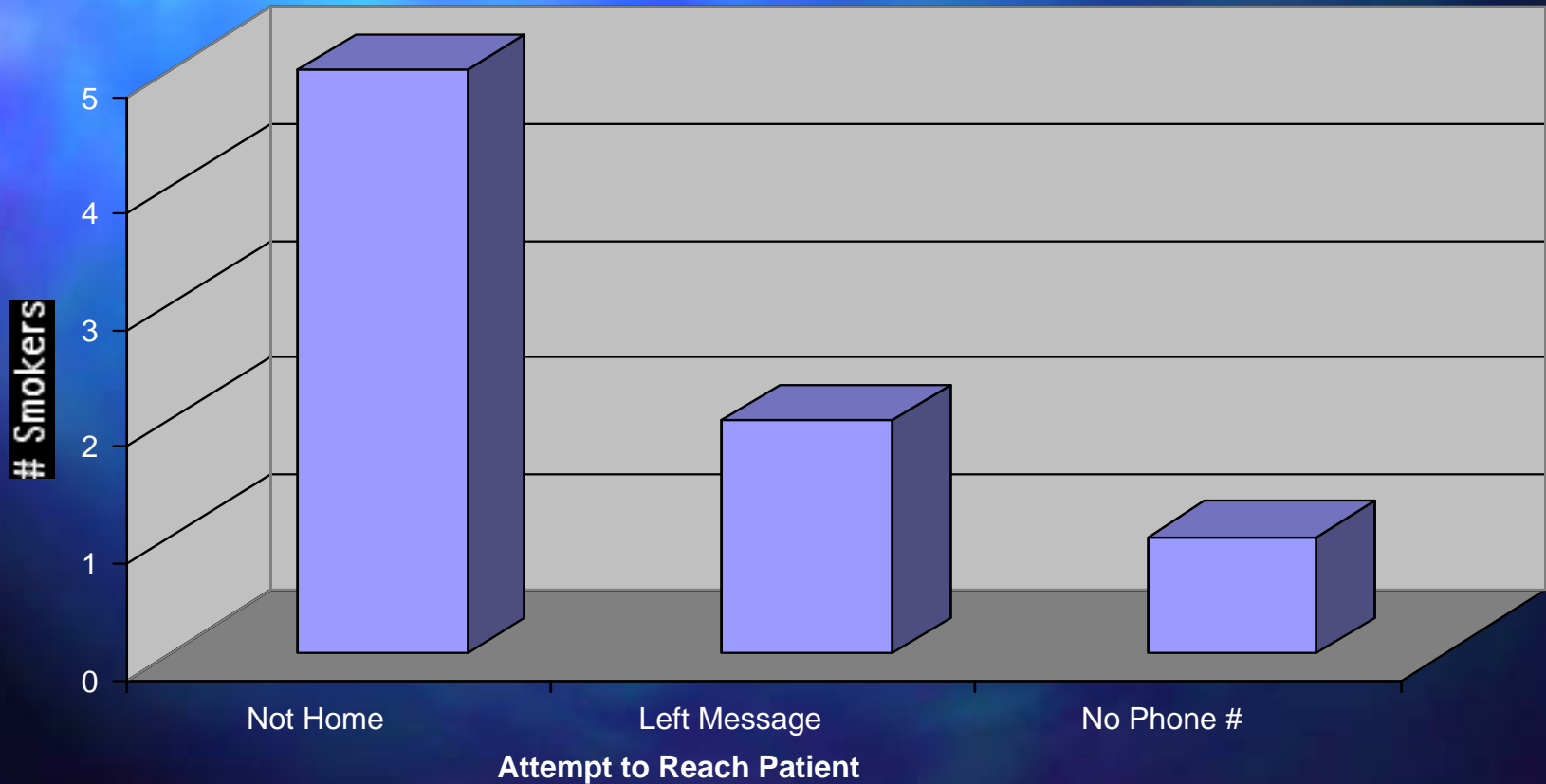
# PDSA Cycle

## Stages Of Change of Those Surveyed



# PDSA Cycle

Follow-Up Phone Call to Patients Who Received Smoking Packet



# Act

- Social worker of NCMH will continue education and distribution of packets to patients who smoke. She will record names and phone # of patients who receive a packet.
- Volunteers in the hospital will continue putting together new packets.
- TIPS Coordinator will follow-up with smokers who were interested in a smoking program.
- Future plans:
  - Project could be extended to other areas of the hospital
  - Follow-up phone calls to assess any changes in smoking habits

# Lessons Learned

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- The hospital provided a positive environment to educate individuals about smoking.
- Patients and visitors at the hospital who smoked were very receptive to learning more about smoking and local cessation programs in the area.
- It was more difficult to reach individuals by phone than by contact in person.
- A future project at local churches, businesses, and schools may provide a good audience also.