

# Educating Inpatient Registered Nurses on Ways to Provide Comprehensive Smoking Cessation Counseling

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## Abstract

**Objective:** This quality improvement project sought to evaluate the impact of a virtual smoking cessation counseling learning module on registered nurse knowledge, awareness, comfort and use of a smoking cessation support teaching plan. The project took place on an adult inpatient medical unit in an urban hospital.

**Methods:** This project utilized a 1-group, pre- and post-intervention survey design comparing knowledge and awareness and comfort with use of the smoking cessation support teaching plan. A retroactive chart review was done to compare nurse use of the smoking cessation support teaching plan.

**Results:** A total of 24 participants met inclusion criteria and were recruited. 8 participants initiated the three surveys and 7 participants completed the project in its entirety. Statistically significant improvement was demonstrated in nurse knowledge between pre-survey and immediate post-survey results immediately following completion of the smoking cessation learning module (80.00% vs 100.00%,  $p=0.023$ ). The median score on the knowledge assessment survey also increased from pre-intervention survey to 8-week follow up survey (80.00% vs 90.00%,  $p=0.414$ ). Additionally, the median score on the comfort assessment survey increased from pre-intervention to post-intervention (20.25 vs 20.62,  $p=0.655$ ) and from pre-intervention survey to 8-week follow-up survey (20.25 vs 20.57,  $p=0.916$ ). There was no change in nurse use of the smoking cessation teaching plan (0 vs 0).

**Conclusions:** This project found that a virtual smoking cessation counseling learning module for inpatient registered nurses increased nurse awareness, knowledge and comfort with a smoking cessation patient education teaching plan. There was no change in nurse use of the teaching plan. Virtual smoking cessation learning modules are promising and should be further developed and expanded to other settings.