Background

- Tobacco use causes cancer, heart disease, stroke, lung diseases, respiratory infections and more.\(^1\)
- Nearly 38 million adults in the US smoke cigarettes.\(^2\)
- 16 million people suffer from at least one disease caused by smoking.\(^3\)
- Smoking-related illnesses in the United States alone cost more than $300 billion each year.\(^4\)
- In Baltimore City, 33% of residents reported being current smokers.\(^5\)
- Seven out of ten current adult cigarette smokers in the United States have expressed a desire to quit.\(^6\)

Clinical Problem

- Patients who are identified as smokers are not receiving smoking cessation counseling when admitted to Adult Inpatient Units.

Aims

Increase:
- Nurse knowledge and awareness of the Smoking Cessation Support Teaching Plan.
- Nurse use of the Smoking Cessation Support Teaching Plan.
- Nurse comfort with use of the Smoking Cessation Support Teaching Plan.

Methods

- **Design:** quality improvement project utilizing:
  - Retrospective chart review
  - Pre-intervention and 2 post-intervention surveys
- **Sample:** 41 registered nurses on the unit.
- **Setting:** an adult inpatient medicine unit at an urban academic medical center in the northeast.
- **Intervention:** 10-minute virtual learning module which included information about:
  - Risks of smoking
  - Benefits of quitting smoking
  - Assigning and resources available within the Smoking Cessation Support Teaching Plan.
  - The hospital's tobacco use policies.

Results

- **Knowledge:** increase immediately following the intervention (significant) and at 8-weeks (Figure 1).
- **Use:** no nurse use of the teaching plan during the project period (Table 2).
- **Comfort:** increase immediately after the intervention and at 8-weeks (Figure 2).

Conclusion

- Inpatient registered nurses face barriers that prevent them from providing smoking cessation education and counseling.
- Programs designed for nurses including smoking cessation educational modules are valuable tools that have the potential to improve overall population health.

Recommendations

- Distribute learning modules to units not using Crisis Documentation (teaching plan use is not required).
- Change nurse perception.
- Routine education/reinforcement.
- Incorporate the multidisciplinary team.
- Encourage PCP's to reinforce smoking cessation counseling and education.