

Educating Inpatient Registered Nurses On Ways to Provide Comprehensive Smoking Cessation Counseling

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Background

- Tobacco use causes cancer, heart disease, stroke, lung diseases, respiratory infections and more¹
- Nearly 38 million adults in the US smoke cigarettes²
 - 16 million people suffer from at least one disease caused by smoking³
- Smoking-related illnesses in the United States alone cost more than \$300 billion each year⁴
- In Baltimore City, 33% of residents reported being current smokers⁵
- Seven out of ten current adult cigarette smokers in the United States have expressed a desire to quit⁶

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

Table 1

Participant demographics from the pre-intervention survey (N=19)

	Mean (SD)
Age	32.53 (9.60)
	n (%)
Gender	
Female	19 (100)
Race	
Asian	7 (36.84)
White	5 (26.32)
Black	5 (26.32)
American Indian	1 (5.26)
Latino	1 (5.26)
Years of nursing experience	
0-5 years	13 (68.42)
11-15 years	4 (21.05)
>20 years	2 (10.53)

- **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)

Figure 1

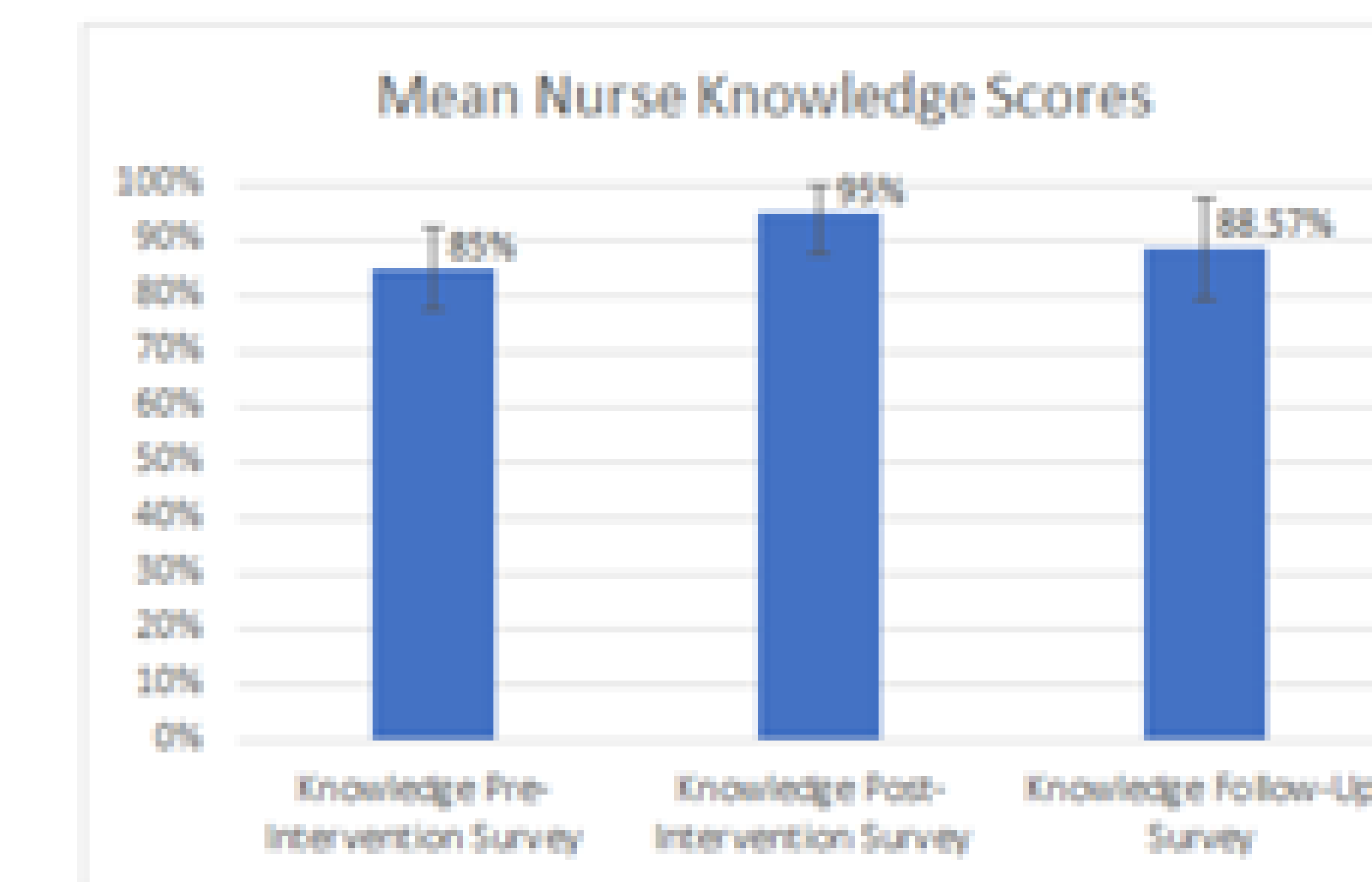


Figure 2

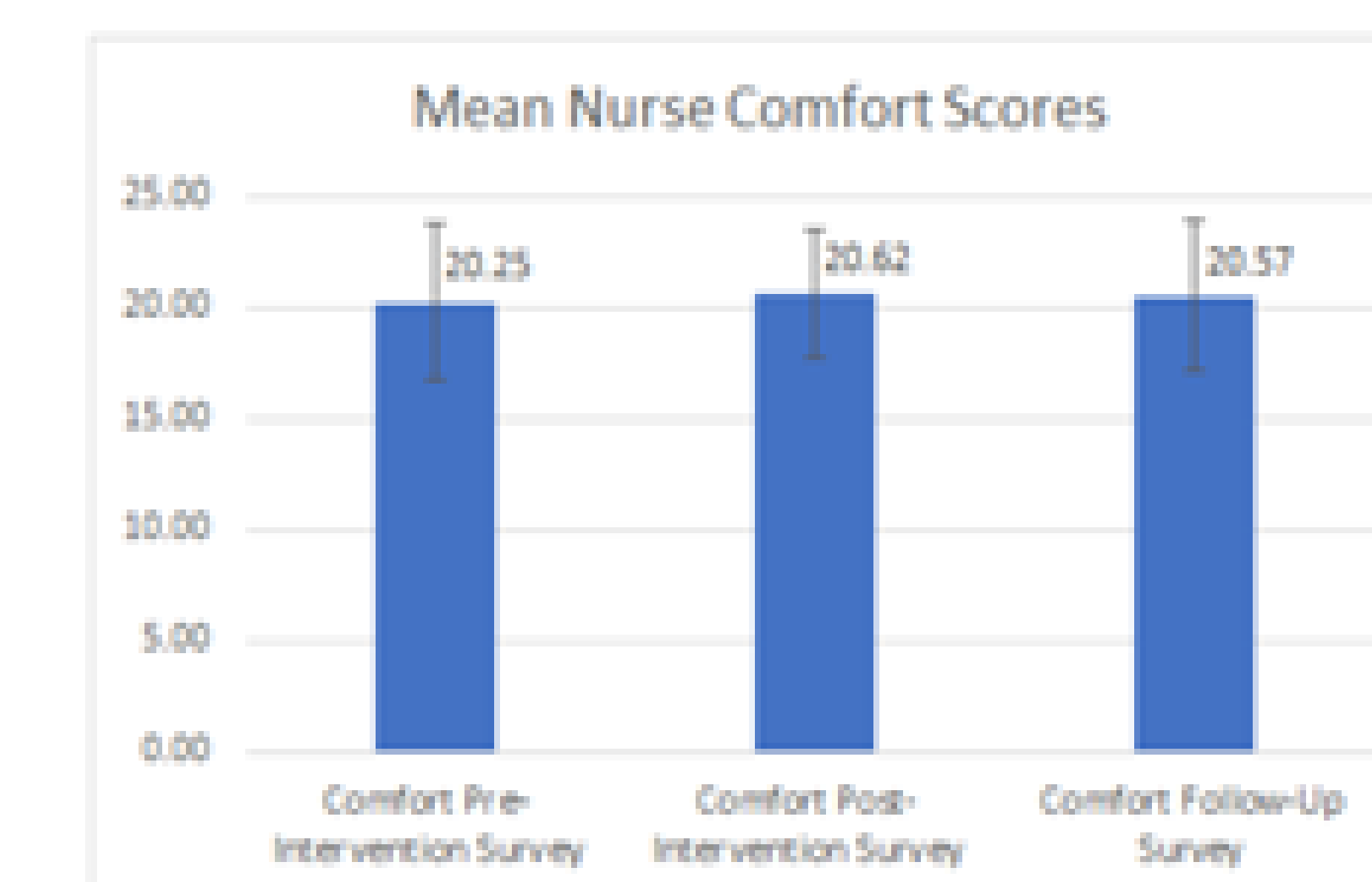


Table 2

Nurse use of the Smoking Cessation Support Teaching Plan

	Number of Smoking Cessation Support Teaching Plans Initiated/Completed
3 Months Prior to the Intervention Period	0
During the Intervention Period	0
3 Months After the Intervention Period	0

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