# SMOKING CESSATION COUNSELING TRAINING FOR WIC NURSES

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## Objectives

The learner will:

1. Describe the 5-A brief intervention for smoking cessation counseling using motivational interviewing techniques
2. Identify how the unique needs of the Women, Infants and Children (WIC) population can impact smoking cessation interventions
3. Recognize the impact WIC nursing staff can have on smoking cessation when trained on brief intervention techniques

## Practice Problem

- "Low-income people smoke more, suffer more, spend more and die more from tobacco use" (Tobacco Free Kids, 2014, para. 1)
- United States spends nearly $300 billion dollars per year related to smoking and tobacco use (US Department of Health and Human Services [HHS], 2014)
- A Michigan Women, Infants and Children (WIC) clinic's data suggests that just over 15% of their clients smoke (E. Brown, personal communication, July 10, 2015)
- Nurses need to be trained on the 5-A model for smoking cessation if the tobacco crisis is to be remotely remediated (Sheffer, Barone & Anders, 2011)

## Project Description

- Brief interventions for tobacco use have been validated as a best practice for the controlling of tobacco dependence in clinical settings (Puschel et al., 2008; World Health Organization [WHO], 2013)
- A smoking cessation toolkit served as foundation for the WIC nurses becoming more knowledgeable, confident and consistent with smoking cessation assessment and counseling
- WIC nurses received training on the 5-A brief intervention smoking cessation counseling model that included motivational interviewing techniques
- Mentoring was provided in formal and informal meetings. WIC nurses were provided laminated pocket cards, training folder, a recorded version of the training, and a role-playing script. Resources on web-based interventions, pharmacotherapy and population-based interventions were shared.
- Additional topics related to tobacco use were discussed and included resources such as the Michigan tobacco quitline referral form, apps, posters and quitline cards

## Nursing and Health Implications

Transferable findings:

- Other WIC clinics
- Expand research to all staff (dietitians, support staff)
- Continuous monitoring needed to ensure permanent change in behavior
- Policy support

## Smoking Cessation Counseling Using The 5-A Model With Motivational Interviewing

**Ask**
- About tobacco use
- "How important do you think it is for you to quit smoking?"

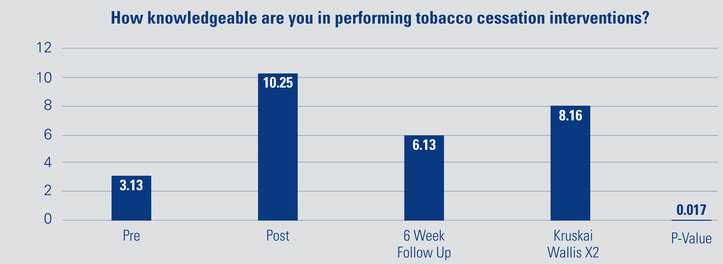
**Advise**
- To quit
- "Sounds like you are feeling pressured about your smoking."

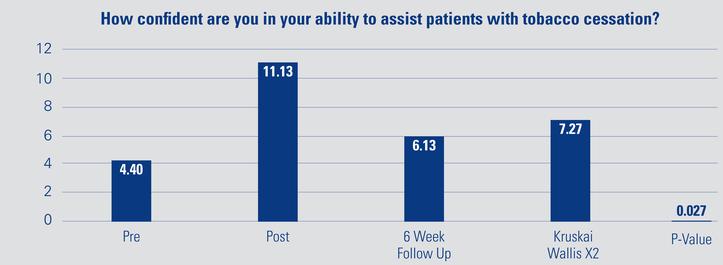
**Assess**
- Readiness to quit
- "Many people worry about managing without cigarettes."

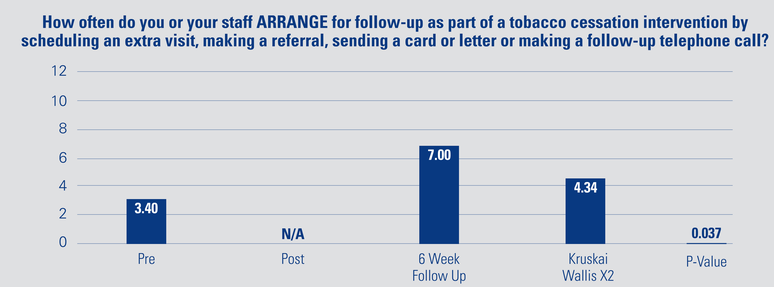
**Assist**
- Those ready by providing resources
- "Would you like to hear about some strategies that can help you address concerns when you quit?"

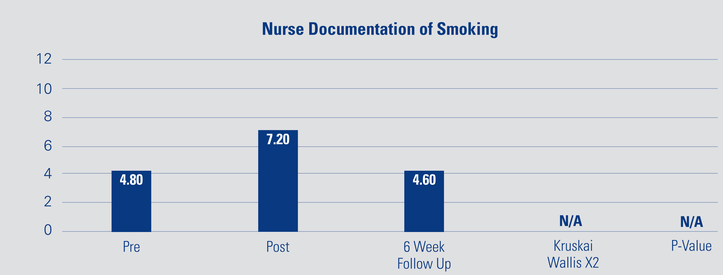
**Arrange**
- Follow-up
- Offer options for achievable small steps toward change such as the quitline number or reading materials

## Results




## References

Puschel, K., Thompson, B., Coronado, G., Huang, Y., Gonzalez, L., & Rivera, S. (2008). Effectiveness of a brief intervention based on the '5A' model for smoking cessation at the primary care level in Santiago, Chile. Health Promotion International, 23(3), 240-250. doi:10.1093/heapro/dan010

Sheffer C.E., Barone C. & Anders M.E. (2011). Training nurses in the treatment of tobacco use and dependence: Pre- and post-training results. Journal of Advanced Nursing 67(1), 176–183. doi: 10.1111/j.1365-2648.2010.05483.x

Tobacco Free Kids. (2014). Tobacco and socioeconomic status. Retrieved from http://www.tobaccofreekids.org/research/factsheets/pdf/0260.pdf

World Health Organization (WHO). (2013). Strengthening health systems for treating tobacco dependence in primary care. World Health Organization. France: Author.



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## Myers_2016 Faculty Presentation_IntNSA 40th Annual Education Conference_POS

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|---|---|---|
| **Date** 07/12/16 | **Printed At** 100% | **Agency** PF |
| **Time** 5:00 PM | **Round** 2 | |

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| **Trim** | 0.5 | **VDP** | ❒ |
| **Bleed** | 0.5 | **Notes** | Uploaded to LCP 07/12/16 |

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