

Tobacco Cessation Program at SHAC (Student Health Action Coalition), Carrboro NC

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PROJECT DESCRIPTION

The goal of this Schweitzer project was to establish a smoking cessation program for the underserved population at a local student-run free clinic, SHAC (Student Health Action Coalition) in Carrboro, NC. Smoking remains the top preventable health risk behavior that affects all organ systems and increases risk of cancer, peripheral vascular disease, chronic obstructive pulmonary disease, and other diseases.



SHAC - Carrboro, NC



Goals:

- Provide in-house smoking cessation counseling to motivated smokers.
- Refer smokers to Quitline NC for access to free pharmacologic agents (nicotine patches, gum).
- Provide continued follow-up for smoking cessation for motivated patients.
- Educate SHAC Public Health counselors about smoking cessation counseling.
- Encourage other counselors and health care providers to address smoking and to refer to Quitline NC.

RESULTS

Motivated smokers were counseled on smoking cessation using a variety of methods: in-house and follow-up counseling, and Quitline NC. This project helped free clinic patients and current smokers reduce or quit smoking. Smoking cessation education was provided to SHAC Public Health counselors.

- Systems change was implemented to identify smokers using patient intake form
- 48 smokers were counseled in-house about smoking cessation
- 10 patients reduced the number of cigarettes smoked per day
- 2 patients quit smoking entirely
- 82 SHAC Public Health volunteers were educated on smoking cessation counseling
- 14 volunteers have referred one or more patients to the smoking cessation program

SHAC Smoking Cessation Screening & Intervention: 5 A's	
1. ASK Patient smoking status (1 minute)	• Current/Former/Never
2. ADVISE (1 minute)	• Provide clear, strong advice to quit with personalized messages about the impact of smoking on health; urge every tobacco user to quit.
3. ASSESS (1 minute)	• Assess willingness to make quit attempt w/in 30 days. • If willing → go to step 4 (Assist) • If not willing to quit → review 5 R's (on back)
4. ASSIST (3 minutes)	• Recommend use of approved pharmacotherapy (completed & send Quitline NC referral form)
5. ARRANGE (1 minute)	• Refer to smoking cessation counselor (Katy) for follow-up

Sample of SHAC smoking cessation educational material

SUSTAINABILITY

There is much more work to be done!

In terms of continuing smoking cessation at SHAC, a systems-wide change was made by adding tobacco use to the intake form. Smoking cessation tools and Quitline NC resources have been incorporated into SHAC Public Health counseling.

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