Tobacco Cessation Education For Advanced Practice Nurses

Abstract Authors:

Primary
Diane Whitehead
EdD, DNP, RN, ANEF
Professor
Nova Southeastern University
dwhitehe@nova.edu
954-540-2854

Secondary

Purpose / Objective:
The purpose of this evidence based research was to educate APRN students on smoking information and techniques to assist clients with quitting smoking in the primary care setting.

Background / Significance:
Forty to sixty percent of smokers attempt to quit annually. Without assistance by health-care providers, only 3-5% are successful with quitting. Smokers assisted by healthcare providers are 1.7 to 2.2 times more likely than those without assistance to remain a nonsmoker after 5 months. Advanced practice nurses (APRNs) can significantly improve their clients’ quality of life and increase their life expectancy through tobacco cessation education. Guided by the transtheoretical model of change, the goal of this evidence-based practice study was to educate APRN students on smoking information and techniques to assist clients with quitting smoking in the primary care setting.

Methodology / Data Analysis:
Participants (n = 36) completed the Skills and Confidence for Smoking Cessation Tool and the knowledge of tobacco cessation survey prior to an education intervention. The participants again completed the Skills and Confidence for Smoking Cessation Tool and the knowledge of tobacco cessation survey upon completion of the educational intervention. Paired sample t tests were conducted to analyze the pretest and posttest results.

Findings / Implications:
APRN students demonstrated a perceived statistically significant increase (p<0.05).

Discussion:
The predicted shortfall of primary care physicians and the millions of newly insured beginning in 2014 call for an increase in the number of advanced practice nurses (Levin & Bateman, 2012). Advanced practice nurses can significantly improve their clients quality of life and increase their life expectancy through tobacco cessation education. The Rx for Change program, developed by the University of California San Francisco (UCSF) has been used for integrating tobacco cessation into the curriculum of health profession students and training licensed health care professionals. Based on the U.S. Public Health Service Guidelines for Treatment of Tobacco Use and Dependence, the Rx for Change program has been used as the basis for training over 100,000 health care professionals in the past decade (University of California San Francisco, 2013). Five modules were used in the six to eight hour education program: a) introduction and epidemiology of tobacco use, b) nicotine pharmacology and principles of addiction, c) health complications of tobacco use, d) assisting clients with quitting, and e) aids for cessation. The major strength of this evidence based project was providing knowledge and skills to APRN students on tobacco cessation education that they can use to support their clients in primary care. Apparent success of the intervention was noted through a significant difference in pre- and post-test scores. The use of online modules that could be reviewed on the students’ own time over a period of several weeks appeared to be helpful to the busy APRN students. This education program can be adapted to the practice setting for RNs and APRNs.

Conflict of Interest:
I am on the Board of Directors or Advisory Board.
I confirm that the above disclosure is accurate and complete: Diane Whitehead