

How nurses can make a difference

If each of Kentucky's almost 54,000 nurses were to assist just five smokers per year to quit, we could reach over one quarter million smokers in the state!

Do your patients SMOKE?

Nurses Helping Patients Quit Tobacco Dependence Treatment Recommendations

Nurses are in a key position to help all patients receive the health benefits of quitting smoking. Even a brief intervention of no more than 3 minutes can be effective. Getting help with quitting during hospitalization is effective, especially if this support continues after discharge including support from a telephone quitline.

To help smokers quit, every healthcare provider is urged to implement an intervention, referred to as the 5As. These steps are described in the pocket guide, 'Helping Smokers Quit: A Guide for Clinicians', included in this brochure.

Nurses in Kentucky and Louisiana are invited to participate in an educational program, "Registered Nurses Referral to Quitlines: Helping Smokers Quit", to increase their delivery of tobacco dependence treatment to their patients. The program includes a webcast, web-based resources, a pocket guide for helping smokers quit, and a card from the Kentucky telephone quitline.

Sources:

Fiore MC, Jaen CR, Baker TB, et al. *Treating Tobacco Use and Dependence: 2008 Update*. Clinical Practice Guideline. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. May 2008

Rigotti NA, Clair, C., Munafo MR, Stead LF. 2012. Interventions for smoking cessation in hospitalized patients. *Cochrane Database Systematic Reviews*. 2012 5:CD001837

Rice, V., Hartmann-Boyce, J., & Stead, L. F. 2013. Does support and intervention from nurses help people to stop smoking? *Cochrane Database of Systematic Reviews*, Issue 8. Art. No.: CD001188.

TOBACCO
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NURSES

Registered Nurses Referral to Quitlines: Helping Smokers Quit, Principal Investigator: Dr. Linda Sarna, UCLA School of Nursing, is supported by the Pfizer Independent Grants for Learning & Change (IGLC – grant ID # 045844) in collaboration with the Smoking Cessation Leadership Center at the University of California, San Francisco



Kentucky Nurses Can Help Them Quit



**Registered Nurses Referral to Quitlines:
Helping Smokers Quit**
UCLA School of Nursing
700 Tiverton Ave
Los Angeles, CA 90095-6918
310-825-8690
www.tobaccofreenurses.org

**Registered Nurses
Referral to Quitlines:
Helping Smokers Quit**

Tobacco Use in Kentucky:

Tobacco use is the #1 cause of preventable death and disease in Kentucky

Kentucky Smoking Prevalence

Smoking Prevalence 29.0% [U.S. = 19.0%]
(31.6% men, 26.6% women)

Rank among states: Highest rate in the U.S.

Smoking-Related Mortality

Tobacco-related deaths/year 7,848

Secondhand Smoke Exposure

In 2009/2010, over half (51.4%) of all adult smokers reported exposure to second-hand smoke; one of the highest in the U.S.

Quitting Smoking in Kentucky

The *good news* is that over half (56.7%) of smokers made a quit attempt in the past year.



Sources:

Centers for Disease Control and Prevention. *Tobacco Control State Highlights 2012*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2013.

American Lung Association® *State of Tobacco Control 2013*. (<http://www.stateoftobaccocontrol.org/sotc-2013-report.pdf>)

Quitlines

Quitlines are highly effective telephone-based tobacco cessation services that can help tobacco users quit.

Kentucky's Tobacco Quitline

Smokers who call a quitline will receive information and support during the quitting process. This program is free to all smokers in the state.

Services include: telephone counseling in single or multiple sessions; online services in both Spanish and English, referrals, mailed materials, training for healthcare providers; in some instances, free medications such as nicotine replacement therapy. They also offer text and e-messaging.

Web-based services can be found at:
<https://www.quitnowkentucky.org>

Telephone Numbers
1-800-QUIT-NOW [800-784-8669]
888-229-2182 – TTY
800-261-6259 – Fax

Standard Hours of Operation
Daily 08:00 AM - 01:00 AM (closed some holidays)

Supported Languages:
English, Spanish, & over 150 languages
Hearing impaired: Direct TTY machine

What you can do:

Refer your patient to the KY Quitline

Fax referral form:

https://www.quitnowkentucky.org/providers_partners/default.aspx

e/Referral form:

www.QuitNowKentucky.org/eReferral

How can nurses help?

As the largest group of healthcare professionals, nurses are well-positioned to help many smokers quit.



Ask Advise Assess Assist Arrange

Here's how to help your patients quit...

1. **Use the pocket guide:**
 - ✓ *Helping Smokers Quit: A Guide for Clinicians*
 2. **Give a Kentucky quitline card & telephone # to your patients:**
 - ✓ 1-800-QUITNOW (800-784-8669)
- For more resources, visit Tobacco Free Nurses:
www.tobaccofreenurses.org

