

How nurses can make a difference

If each of Louisiana's over 50,000 *nurses* were to help 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 with 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 Louisiana telephone quitline.

TOBACCO
free
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



Louisiana Nurses Can Help Them Quit



Registered Nurses Referral to Quitlines: Helping Smokers 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

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., Munafò 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 Use in Louisiana:

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

Louisiana Smoking Prevalence

Smoking Prevalence 25.7% [U.S. = 19.0%]
(29.5% men, 22.3% women)

Rank among states: #46 in the U.S.

Smoking-Related Mortality

Tobacco-related deaths/year 6,499

Secondhand Smoke Exposure

In 2009/2010, over half (55%) of all adult smokers reported exposure to second-hand smoke; one of the highest in the U.S..

Quitting Smoking in Louisiana

The *good news* is that over half (56.2%) 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

Louisiana'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, referrals, mailed materials, training for healthcare professionals (online & in-person); in some instances, free medications such as nicotine replacement therapy.

Web-based services can be found at:

<http://quitwithusla.org>

- ✓ **Telephone Numbers**
1-800-QUIT-NOW [800-784-8669]
877-777-6534 – TTY
- ✓ **Standard Hours of Operation**
24 hours daily (closed some holidays)
- ✓ **Supported Languages:**
English, Spanish, & over 170 languages
Hearing impaired: Direct TTY machine

Smoking Cessation Trust Services (SCTMS)

The SCTMS can arrange for cessation assistance; including group counseling, telephone quitline support, and nicotine replacement therapy medications. If smokers are currently a Louisiana resident, started smoking cigarettes prior to September 1, 1988, and want to quit, they can apply for Scott Class membership at www.smokefreela.org.

What you can do:

Refer your patient to the LA Quitline

Fax referral form:

<http://quitwithusla.org/pages/detail/24/Fax-To-Quit-Louisiana>

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 Louisiana quitline card & telephone # to your patients:

- ✓ 1-800-QUITNOW (800-784-8669)

For more resources, visit **Tobacco Free Nurses**

www.tobaccofreenurses.org

