

Implementing a Tobacco Smoking Cessation Intervention using the *Importance Readiness Confidence Scale*¹

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Background & Significance with Relevance to Family Medicine: According to the CDC, 40 million United States (US) adults smoke and tobacco use is the leading cause of preventable disease, disability, and death in the US.¹ Baseline data showed a high number of smokers at AFMC with few referrals to AGIUP.

AGIUP is a six-week smoking cessation program at Aultman Hospital. Assistance is provided to quit smoking by offering free nicotine replacement agents, individualized counseling and technological support. Initial focus was on AFMC provider education to increase AGIUP referral.

Problem statement: Although number of referrals to AGIUP increased after provider education, enrollment did not proportionally increase. A tool to identify smokers motivated to quit was needed.

Methods: Motivation to enroll in AGIUP was considered a surrogate for motivation to quit. The Importance Readiness Confidence (*IRC*) scale was developed as a screening tool to objectively assess motivation to quitting smoking. Those who expressed interest in quitting during their AFMC office visit were administered *IRC*. A score ≥ 7 was defined as having a high commitment to quitting. These patients were referred to AGIUP.

Outcomes: Number of referrals to AGIUP decreased after *IRC* implementation. AGIUP enrollment increased by 10% with provider education plus *IRC* use when compared to provider education alone. This was not statistically significant.

Conclusions/Recommendations: Enrollment to AGIUP before provider education (baseline population) and after provider education plus *IRC* use was similar. Those identified by *IRC* scale were as motivated to enroll as those that independently sought tobacco cessation assistance. *IRC* scale achieved the intended goal of identifying motivated smokers for referral to AGIUP. Future studies with larger sample sizes and study times are needed.

References: 1. Centers for Disease Control and Prevention-Smoking and Tobacco Use