

Patient Outreach/Healthcare Literacy Initiative

Smoking Cessation Clinic and Diabetes Walk Booth

Ernest Mario School of Pharmacy, Rutgers University

Project Description & Implementation Overview

The Rutgers chapter of AMCP, in conjunction with GlaxoSmithKline, implemented a new, fair-balanced smoking cessation program this year called the “Rx for Change” Program. The program involved a two-hour training which certified attendees to counsel patients on smoking cessation in the future. The training course covered topics of nicotine addiction, current US smoking trends, and FDA approved pharmacologic methods for smoking cessation.

Once the students were certified to counsel, they applied their skills in various settings including teen centers and fundraising events that raise awareness of different disease states. The students were able to counsel patients (ranging from teenagers to senior citizens). While targeting the teenagers, the students were focusing more on behavioral changes the patients could make to ease them into the quitting process. While targeting the senior citizens, the students emphasized the need for behavioral changes as well as pharmacological adjuncts that should be used to help ease the process of quitting. Overall, the patient outreach events were successful, and many patients learned about smoking cessation and how and why they should quit.

Rutgers AMCP also participated in the American Diabetes Association’s Step-Out Diabetes Walk by setting up a booth for patient counseling and patient education. Members of the community were able to walk through the various booths and stop at the AMCP booth to play a “Do you understand your diabetes?” jeopardy game, which was a fun way to raise awareness about the disease state. The game asked questions about various diabetes-related topics, ranging from the history of diabetes to therapeutic management of the disease and lifestyle modifications. In addition to hosting jeopardy and counseling patients, the AMCP booth had a creative arts and crafts corner for children to decorate Halloween-themed bookmarks, while the adults picked up various self-care diaries and brochures on diabetes management and healthy menus to popular restaurants. Overall, the diabetes booth was a successful and enjoyable way for pharmacy students to relay their knowledge of diabetes and effectively communicate with the community!

Purpose of the Project

The purpose of this project was to provide students with the opportunity to acquire a skill, patient counseling, that is invaluable to all areas of work in the healthcare field.

Project Budget: Expenses and Revenues

Expenses were very limited and covered only art supplies for educational posters that raised awareness of the topic.

Smoking Cessation Posters: \$20.00

Diabetes (or other disease state) Game Poster: \$20.00

Who and How Many Chapter Members are Involved?

Smoking Cessation Clinic:

The coordination and planning of the training and subsequent outreach event was a joint effort of the chapter executive board officers. After the details of the event were planned, members of the Rutgers AMCP chapter who were certified by GlaxoSmithKline's "Rx for Change" training attended the event to present to and counsel patients.

Diabetes Walk Booth:

Members of the AMCP Patient Care committee collectively created the poster board and the questions and answers for the interactive jeopardy game. Student pharmacists that were interested in talking to patients and leading the game attended this event.

Who Should be Targeted? Audience or Involvement? How Do You Find Them? How Do You Contact?

The manager of the Step Out Diabetes Walk contacted Rutgers Pharmacy organizations for their participation in holding booths for patient interaction. Both events were open to any student pharmacists that showed interest in patient communication, although "Rx for Change" training was a prerequisite for attending the smoking cessation clinic. Due to the smaller audience sizes of both events, we limited student participation in both events by choosing the first 10-20 students who RSVP'd affirmatively. Those who were unable to participate in the fall semester have ample opportunity to be re-trained and participate in more clinics during the spring semester. Both events were publicized through school website and email announcements.

The smoking cessation clinic targeted patients ranging from adolescents to senior citizens to counsel the ill effects of nicotine addiction. The AMCP chapter organized the clinic by walking in to youth centers and other similar locations and speaking with the program managers about setting up an interactive-educational session.

The AMCP chapter booth at the Diabetes Walk targeted any member of the community that was affected personally or had family members and friends affected by diabetes to raise awareness about how to manage the disease and improve quality of life.

What Materials are Needed? Outside Resources, Ordering, etc?

Smoking Cessation:

Professional Rx for Change Trainer and training location, location/audience for clinic, PowerPoint presentation, projector, give-away prizes for audience participation, tri-fold poster, and other craft supplies

Diabetes Walk Booth:

Tri-fold poster, craft supplies, give-away items (such as brochures/pamphlets, pill boxes and stress reliever balls), table.

Timeline for Implementation and Execution

- Three months prior to proposed patient outreach event: Contact Pharma (or health related companies) for training in the respective disease state
- Within two weeks of confirming a program/trainer: Schedule a meeting to review all details and begin planning the logistical aspects including:
 - Review program materials to ensure all products have equal coverage (by faculty advisor)
 - Review program materials to ensure all important aspects of the disease state are included (by faculty advisor)
 - Possible limits on the number of trainees
 - Materials needed and amounts (keeping in mind health literacy)
 - Identify a location, date, and time for the training.
 - Upon confirmation of date: Reserve a room (with a projector or computer if needed)
- Two months prior to training: Identify and confirm faculty member(s) to supervise the training and patient outreach event
- One month prior to training: Ensure all logistical aspects have been completed and compile any needed materials
- Two weeks prior to training: Begin advertising to the student body regarding both the training and the corresponding patient outreach event
- One week prior to training: Send a reminder to the trainer including the date and time of training, directions to the location, parking instructions, etc.
- Three days prior to training: Send out reminder emails to student pharmacists
- Hold training
- One week prior to patient outreach event: Hold a review session for those who attended the training to review materials and practice patient counseling
- Day of patient outreach event: Arrive at least 30 minutes early and set-up any visuals, flyers, etc

Follow-up with Faculty Members/Volunteers/Participants

Thank you letters were sent to the both the trainers and the faculty supervisors. Thank you letters were also sent to the preceptors of the events, thanking them for allowing us to hold our event at their location. Letters were also sent to any organization or persons who donated supplies.

Participants were asked to fill out brief 5 question pre and post surveys so we could evaluate our programs and our effectiveness. The surveys are also used to make adjustments for future events.

Discussions with both the volunteers and the faculty supervisors were held to identify the pros and cons of the event and ways to improve.

Project Evaluation:

What Went Well? What Didn't? How Would You Improve for the Next Year?

1. Smoking Cessation Presentation: The training was a great success and had high student pharmacist turnout. The review session provided students with unique and educational situational scenario of counseling practice. The presentation went well and a large amount of patients who were current smokers were in attendance. For the next smoking cessation event we plan on incorporating interactive activities to stimulate audience participation.
2. Diabetes Walk Booth: The training was successful and many student pharmacists from all years attended to review the diabetes disease state and practice their counseling skills. The event was huge success and a decorative poster which served as an educational jeopardy game attracted many patients as they enjoyed learning about the disease state, interacting with students, and winning prizes.

List Each "To Do" for Project

1. Smoking Cessation:
 - Book a trainer
 - Finalize materials/make posters and PowerPoint
 - Reserve a room
 - Confirm a faculty supervisor
 - Advertise to student pharmacists
 - Hold a review session after the training
 - Host patient outreach event
2. Diabetes Clinic
 - Finalize materials/make game poster-board
 - Confirm a faculty supervisor
 - Advertise to student pharmacists
 - Hold a review session about diabetes disease state to effectively counsel patients
 - Host patient outreach event

Project Checklist:

Smoking Cessation Clinic:

- Book a trainer
- Contact committee members to make poster
- Create a PowerPoint presentation and interactive game/pop quiz for audience participation
- Prepare surveys for audience to gauge the usefulness of event
- Find a location to present at (such as a youth center)
- Find and confirm a faculty supervisor
- Promote event to student pharmacists for participation in presentation/counseling
- Hold a review session after the training, before the clinic
- Buy give-away items for audience participation (such as candy or prizes)
- Host patient outreach event and ask audience to fill out survey
- Send thank you notes out to trainers, outreach event hosts, and faculty supervisors

Diabetes Walk Booth:

- Establish communication with Diabetes Walk manager or representative
- Shop for poster-board and craft supplies
- Contact committee members to make poster
- Finalize give-away items (pamphlets/education materials, pill boxes, etc.)
- Confirm a faculty supervisor
- Advertise to student pharmacists for involvement
- Hold a review session about diabetes disease state to effectively counsel patients
- Make sure a table is available to set up booth
- Host patient outreach event
- Send thank you notes out to trainers, outreach event hosts, and faculty supervisors

Email and Announcement Correspondence with AMPC participants in AMCP Patient Care events:

Some announcements are samples of announcements posted on the Rutgers Sakai website, through which students, organizations, and teachers can share lecture material, information, and basic communication about upcoming events. Others are emails that took place while organizing the events.

Diabetes Walk:

Announcement

Subject Last Call for Patient Care Committee First Event!

Message

We're so excited that so many of you signed up to be on the patient care committee! Our first project is to create posters on ****SEPTEMBER 29, 2 PM- 4 PM**** in the Pharmacy Building Room 413 for the Diabetes walk on OCTOBER 29th. If you are interested and can make it on September 29, **please email us back ASAP!** We are looking for roughly 6 or 7 people to help make the posters- first come, first serve!

If you have any questions, please email us at: rutgersamcp.patientcare@gmail.com. We look forward to working with you!

From: AMCP patient care committee member

Hi everyone,

The poster looks amazing. We really did put time and effort into it, and I think it'll show when you see it. I invite all of our supervisors to come to our Richardson apartment, 222, after we P1s have our pharmcare quiz (which I still desperately need to study for). I have to go home this weekend for my mom's birthday and will be picked up promptly by 5 today, so the only time I have to show you the poster is from 3:20-4:30 (allowing some time for packing). Although I'm not sure if the other P1s are free at the same time.

Thanks for your time,

Alison Hernandez
Vice President of Richardson-Nichols RHA
Pharm.D. Candidate of 2015
Ernest Mario School of Pharmacy
Rutgers, The State University of New Jersey

Announcement

Subject Diabetes Walk Reminder

Message

There will be a collaborative diabetes walk on Saturday, October 29. Registration starts at 5 PM but if you are interested in talking to patients at the AMCP table, please email rutgersamcp@gmail.com to volunteer! Volunteers will need to start showing at around 4:30 PM to set up.

Announcement

Subject Step out Diabetes walk THIS Saturday!

Message

AMCP, APhA, LKS, NCPA and SNPhA are collaborating on a Diabetes Step Out Walk

Walk with us on October 29, 2011

Location: TD Bank Ballpark - Bridgewater, NJ

Registration Starts: 5:00PM, but plan to be there at 4:30

Walk Starts: 6:30PM

For the 5th year, the American Diabetes Association (ADA) is hosting the Central NJ walk event at the stadium. Once again, the event will be held on a Saturday evening with a Halloween theme. The 1-mile walk loop features a haunted trail, trunk or treat, car show and warning track of the field! Once the walk has been completed there will be pumpkin picking & painting, a petting zoo, School of Rock performance and much more! The Bridgewater Mayor's Wellness Campaign will offer an incentive for everyone to walk 3 full loops! Don't miss the "Ask the Expert" area with the latest information on diabetes and health products.

Register for the walk with our Rutgers Pharmacy team. Our team name is "Rutgers EMSOP" and this is the link to **register** for the Bridgewater walk,

http://main.diabetes.org/site/<wbr>TR/Events/General?team_id=<wbr>522564&pg=team&fr_id=7808</wbr></wbr>

Announcement

Subject Diabetes Walk Postponed

Message

Hello everyone,

Today's Diabetes Walk has been **POSTPONED** until next Sunday, November 6th in the afternoon (time to be determined). There is NO walk today. More details about the walk to follow. Please spread the word.

Announcement

Subject UPDATE! Diabetes Walk This Sunday, NOVEMBER 6!

Message

Hello fellow AMCP members!

The weather was not on our side this past weekend and as you already know, the Diabetes Walk has been rescheduled for:

THIS Sunday, November 6, 2011!

Location: TD Bank Ballpark - Bridgewater, NJ

Registration Starts: 2:00PM, but plan to be there between 1:00 and 1:30, please!

Walk Starts: 3:00PM

Again, you can register for the walk with our Rutgers Pharmacy team. Our team name is "Rutgers EMSOP" and this is the link to register for the Bridgewater walk,

http://main.diabetes.org/site/TR/Events/General?team_id=522564&pg=team&fr_id=7808

Hope to see many of you there!

Warm regards,

Your AMCP E-Board Officers

Smoking Cessation:

From AMCP to GSK representative (Rx for Change Trainer):

Hello Frank,

We have booked the room for your presentation. A projector will be provided for us. This is the address:

Allison Road Classroom Building

Computer Lab Room 119

618 ALLISON ROAD, Piscataway, NJ, 08854-8000.

Busch Campus

Rutgers University

In terms of parking, we will provide you with a parking permit when you arrive. I believe the most convenient parking lot for you would be either Lot 58, Lot 55, or Lot 53. This is a link to the map of the area in case you are unfamiliar with the campus grounds.

<http://rumaps.rutgers.edu/?q=bnum:3878>

I am not sure how many students will attend this training session, but we are doing our best to advertise it! At this point, I would expect 20-30 students to attend, but that number could go up or down by about ten. I apologize that we do not have a more concrete idea of how many people will attend.

Please let us know if there is any other information you need. If there are any problems the day of the training, please contact me at 973 870 1454.

We are looking forward to your presentation! See you Tuesday at 2 PM.

Regards,
Isha Desai
AMCP Patient Care Event Co-Director

From GSK representative (Rx for Change Trainer) to Rutgers AMCP:

Isha,

Thank you so much for all of the effort you have put into this program. Everything sounds great and I look forward to meeting you on Tuesday.

Regards,

Frank Saluccio
GlaxoSmithKline Consumer Healthcare
Healthcare Consultant
(848) 702-1820

Announcement

Subject Rx4Change - Smoking Cessation

Message

This semester's smoking cessation program, "Rx4Change," will have its training session on OCTOBER 11, 2PM- 4 PM** (location TBA) so be sure to add that to your calendars if you're interested in participating. More details will be sent out soon!

If you have any questions, please feel free to email us at: rutgersamcp.patientcare@gmail.com. We look forward to working with you!

From AMCP Patient care to Youth Center Recreation Leader:

Dear Nydia,

My name is Abha Pandya and I met with you on Tuesday afternoon at the New Brunswick Youth Center. I, along with Ahmed and Isha, spoke to you regarding holding the smoking cessation program there on Thursday, December 8, 2011.

Again, the three of us are patient care directors for the Rutgers Chapter of the Academy of Managed Care Pharmacy and we were trained for this smoking cessation program called "Rx for Change" by GlaxoSmithKline. We are very excited to be able to relay what we learned through this program to the teenagers at the youth center and hopefully make a difference!

The three of us and maybe one or two other students will come around 6 PM, as previously discussed. We will give a short presentation on the harmful effects of smoking and ways to quit (and we will try to make the presentation as interactive as possible). We will most likely also have a member of the Rutgers Pharmacy faculty present during the presentation, just in case we are unable to answer any questions from the audience.

I wanted to confirm whether we could still definitely hold this event so I look forward to hearing back from you!!! Please let us know what else we can do/bring and if you have any questions concerning the event! Thank you so much for this opportunity!

Regards,

Abha Pandya
Pharm. D. Candidate 2014
Ernest Mario School of Pharmacy
Rutgers, the State University of New Jersey
abha@eden.rutgers.edu
c. (908) 720-4350

From Youth Center Recreation Leader to AMCP Patient Care:

Hello Ms. Pandya,

I hope that you all had a wonderful Thanksgivings. I look forward to seeing you for your presentation on Thursday December 8th. I will remind the Youth Advocate Program about this event. You will need to bring a projector. Our projected is suspended on the ceiling in the media room and it would be difficult to connect anything to it. I look forward to seeing you. Just case I am not available that evening Mr. Walter Virgil will be here you met last Tuesday afternoon. If there is anything else you will need don't hesitate to ask.

Nydia Adorno

Recreation Leader

New Brunswick Recreation

732.745.5125

From AMCP Patient Care to Rutgers Faculty Preceptor (arranged for preceptor in person):

Dear Dr. Moreau,

I just wanted to confirm plans for tomorrow's smoking cessation event. I have attached a more updated version of the slide deck I sent out about a week ago (it's simplified and goes into less detail about prescription drugs because the audience is much younger). We also have a few interactive ideas for tomorrow outside of the PowerPoint presentation.

Four of us will be presenting at 6:00 PM at the Hub Teen Recreation Center in New Brunswick. We will get there earlier, between 5:30 and 5:45 PM to set up.

Address:

411 Joyce Kilmer Avenue, New Brunswick, NJ

The website in case you want to check it out:

<http://www.nbrec.com/hubteencenter.html>

Please email or call me if you have any list minute questions or concerns! Again, thank you so much for accommodating us right after Midyear and we'll see you tomorrow!

Regards,

Abha Pandya

Email correspondence between AMCP members that presented at the Youth Center:

Hey guys,

I've inserted questions into the slide deck as a pop quiz for them to keep them engaged.

I am assigning everyone their slides but if you have any issues or want to make changes to the way the questions are inserted, please let me know!

Abha: slides 1-8 (total: intro slide + 7 slides)

Alok: slides 9-13 (total: 5 slides)

Isha: slides 14-20 (total: 7 slides)

Ahmed: slides 21-27 (total: 7 slides)

I have also included all of our materials in this email so that we're organized and don't leave anything out- see the attachments. Let me know if I missed anything.. thanks!

See u guys tomorrow!

Abha Pandya
Pharm. D. Candidate 2014
Ernest Mario School of Pharmacy
Rutgers, the State University of New Jersey
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c. (908) 720-4350

AMCP Smoking Cessation Post-Clinic Survey:

1 = "Don't know or understand" 3 = "Somewhat know or understand" 5 = "Completely know or understand"

1. How well do you understand the harmful effects of smoking?

1 2 3 4 5

2. How well do you know your options to quit smoking?

1 2 3 4 5

3. Has learning changed your mind about smoking if you are a smoker?

1 2 3 4 5 Not Applicable

4. How has this presentation helped you?

1 2 3 4 5

Comments?

Scenarios for Smoking Cessation_ Youth Center

These are some situations that you guys might encounter if you do smoke. Hopefully this exercise will make it easier for you to overcome some of the obstacles in quitting. So we are going to read some situations to you and then we want to see how YOU would handle it.

- 1. AMCP: I've quit at least 8 million times. I just don't know if I can stay off cigarettes once I go home.**

What do you think about this attitude?

AMCP:

- Relapses are normal. Just keep trying! Don't convince yourself that you CAN'T quit.
 - Quitting smoking is like riding a bike. You try and then sometimes fall off, but all you have to do is get back on and try again.
 - It normally takes 7 to 11 attempt before someone can actually quit! YOU GOT THIS.
-

- 2. AMCP: I'm only 19 years old...it's not like I've smoked that long. Plus I only smoke when I drink or when I'm with my friends. It's not like I'm addicted. I can quit anytime I want.**

What do you think about this attitude?

AMCP:

- There is no safe level of smoking.
 - Even if you don't smoke every day, you can become addicted.
 - "Although you may start out smoking occasionally, the body begins to demands more and more nicotine until you are smoking 20-30 cigarettes a day In order to feel comfortable. This happens to almost every smoker"
 - A couple of puffs could turn into regular daily smoking.
-

- 3. AMCP: Well we all have to die from something! SO WHAT if I lose a couple years at the end of my life from smoking?**

What do you think about this attitude?

AMCP:

- You don't just fall over one day and die in an instant.
- People who think like this are forgetting all the problems that cause years of miserable pain and suffering that goes along with smoking.
- Don't think of dying, think about the fact that you could be lying in your bed for years because of a stroke or maybe not be able to walk up a few stairs because of emphysema.
- The average smoker loses about 7 years of his life because of smoking
- Do you really want to give up that much of your life?

4. AMCP: All of my friends smoke and I would feel weird hanging out with them without smoking with them.

What do you think about this attitude?

AMCP:

- If your friend wants to jump off a bridge, would you do it too?
- There are a lot of effective ways to say no
- What are some ways to say no?
 - Say “no thanks”
 - Make an excuse; say your mom called and you have to go or you forgot that you had to do something
 - Walk away
 - Change the subject; “let’s play basketball instead” or “let’s grab some food, I’m hungry”
 - Use humor: “no thanks; this stuff stunts my growth and I wanna be tall to play ball” or “no man, I need all the brain cells I can get, no thanks”
 - Avoid the situations that you KNOW will lead to peer pressure problems
 - Make new friends that don’t smoke; if you surround yourself by people that make good choices, you will too.
- You shouldn’t feel embarrassed to say no; your health should be your first priority. Do you, be independent.

True or False Questions:

1. The only thing in a cigarette is nicotine and tobacco. (false)
2. There are tons of other chemicals in cigarettes. (true) Can you guys name any? Where are these chemicals usually found/used for?
 - Carbon monoxide—in exhaust smoke
 - Hydrogen cyanide—used in pesticides, gas chambers, and chemical warfare
 - Ammonia—fertilizers
 - Formaldehyde—used to EMBALM dead people (preserve)
3. How long does it take for nicotine to reach the brain? (11 seconds)
4. Cravings for tobacco are usually temporary and pass within 5-10 minutes. (true) What are ways to not give into your craving?
 - Distractive thinking
 - Take a break
 - Do something else
 - Take a deep breath
5. Smoking reduces your sex drive (true)
6. Smoking increases your appetite (false) Explain?
 - It decreases appetite
 - You guys are young, healthy, guys- you don't want to be skinny; girls don't like that!
7. There's no benefit in quitting once you're older than 40. (false!!!)
 - Improves lung function within 3 months (30%) and decreases coughing, fatigue, shortness of breath
 - Improves circulation
 - reduces risk of heart disease within 1 year of quitting
8. There is a safe level of second-hand smoke (false); There is NO safe level of second-hand smoke. You can be susceptible to disease even if a parent or friend smokes around you
9. Smoking gets rid of stress (false) there will always be stress in life
10. Switching to light cigarettes will cut my risks (false); (ISHA explains what a light cigarette is) If your fingers cover the ventilation holes, you are not getting the benefit of the extra filter
11. Nicotine is the addictive component in cigarettes (true)
12. The statement "I can't relax without a cigarette" (false). Why?
 - There are lots of other ways to relax without resorting to smoking; what are some ways you guys distress and relax? Favorite tv show, music, dancing, hot shower, good food, hanging out with friends, taking a nap.
13. Approximately 70% of smokers want to quit completely (true)
14. I need my cigarettes and there are no medications or therapies that can help me quit smoking- quitting is impossible! (false); we will be going over the various ways that you can quit, including certain medications that you can take or people you know can take. Some medications that are stronger require a prescription and are more for people that are older than you but there are still plenty of options for your age group.
15. I don't want to talk to anyone about my problems, I'll stick to taking the medications. It's not anyone else's business, anyways. (false)
 - Taking medication is definitely a great start! However, you have to combine the medicine with some changes in your day-to-day lifestyle so that you are also lowering your temptations to smoke.
16. Smoking one cigarette a day won't make much of a difference if I'm disciplined. (false)
 - Why? Because your body becomes more and more tolerant to that one cigarette and sometimes having discipline won't stop you from increasing the number of times you smoke per day... your body feels like it needs it.

RUTGERS UNIVERSITY

Ernest Mario School of Pharmacy

Academy of Managed Care Pharmacy

Smoking Cessation

By: Ahmed Elgohail, Isha Desai, and Abha Pandya

All information was provided by GlaxoSmithKline's "Rx for Change" Training Materials

Smoking

- Harms almost every organ in the body
- About 500,000 deaths in US annually
- Smoking causes lung disease, cancer, stroke, and heart disease
- Tobacco smoke contains over 7,000 compounds
 - 11 known carcinogens

Why Quit?

- Both immediate and long-term health benefits
- There are benefits of quitting at any age
- Up to 30% increase in lung function 2 weeks after smoking

Withdrawal Symptoms

- Chest tightness
 - Constipation, bloating
 - Cough and nasal drip
 - Cigarette craving
 - Depressed mood
 - Restlessness
 - Anxiety
 - Weight gain
 - Dizziness
 - Fatigue
 - Hunger
 - Insomnia
 - Irritability
 - Anger
-
- **Most begin in the first 2 days**
 - **Peak during the first week**
 - **Withdrawal effects go away within 2-4 weeks!!**

Why is it so hard to quit?

- **Wrong medication**
- **Correct medication but incorrect usage**
- **No quitting plan**
- **No behavioral modifications**

How do I start?

- **PLAN the quit**
 - Pick a quit date
 - Get rid of all your cigarettes and ashtrays!
 - Know why you want to quit- talk to your family about why quitting is important to you
 - Learn how to cope
 - Get support- counseling, medications, behavioral changes

How can I cope?

- **Be committed to quitting!**
 - **Be proud of yourself for making it through another day**
 - **Pep talks**
- **Distractive thinking**
 - **Relaxing, positive thinking**

How can I cope? (cont.)

- **Anticipate stress**
 - Plan out what you would do in a stressful situation
- **Alcohol**
 - Leads to relapse
 - Avoid other smokers when you are trying to quit
- **Have oral substitutes**
 - Gum, toothpicks, water
 - There is no safe form of tobacco

How can I cope? (cont.)

- Switch up the routine
 - Drink tea instead of coffee
- Weight gain
 - Do not diet while trying to quit
 - Weight gain is common (5-7 lbs)
 - Drink water
 - Exercise

Why should I use medications?

- Proven to increase long-term smoking cessation
- All medications listed cost between \$3 and \$8 a day
 - Cheaper than cigarettes!
- Use medications for a short period

Nicotine Replacement Therapy (NRT)

- **Approximately doubles quit rates**
- **Reduces physical withdrawal**
- **Available as a gum, lozenge, transdermal patch, nasal spray, and oral inhaler**

Nicotine Gum

- Available over the counter (OTC)
- Chew slowly
 - Stop chewing when peppery or tingling sensation appears and park between cheek and gums
 - Begin chewing again when tingling goes away
 - Repeat chew/park until tingling does not return
- Advantage: may satisfy oral cravings and delay weight gain
- Disadvantage: frequent dosing

Nicotine Lozenge

- OTC & Rx
- Allow to dissolve slowly
- Do not chew or swallow
- Advantage: may satisfy oral cravings and delay weight gain
- Disadvantage: frequent dosing

Nicotine Transdermal Patch

- OTC & Rx
- Apply patch to different area each day
- Not affected by water if applied correctly
- Advantage: once a day dosing
- Disadvantages: skin reactions, itching, tingling, burning

Prescription Medications

- Nicotine Nasal Spray
- Nicotine Oral Inhaler
- Varenicline (Chantix)
- Bupropion SR (Zyban)

I couldn't quit! What do I do?

- **Think about your last quit attempt-**
 - Did you use medication?
 - Did you enroll in a behavior change program?
 - If you answered yes to both, your chances of successfully quitting smoking is greater!
- **Second attempt to quit:**
 - Discuss which medications are best
 - Discuss how to use the medications properly
 - Make sure you're making behavioral changes

What else can I do differently?

- **If one medication isn't working, consider using multiple medications**
 - Nicotine patch + *ab libitum* gum, inhaler, or nasal spray (as needed for sudden urges)
 - Sustained-release bupropion + nicotine patch
 - Chantix (varenicline), which is often in ads on TV, is not recommended for combination therapy
- **More counseling = Higher quit rates!**
 - Behavior change programs (hand out)
 - Discuss with your community pharmacists

More on quitting

- Cost of quitting
 - Compare to cost of buying a pack of cigarettes each year
- Stopping cold turkey vs. getting help
 - Behavioral counseling
 - Pharmacotherapy

Last words

- Don't fall under peer pressure!
- Smoking does not make you look cool
- Expensive
- Today's decision will affect your future





Nicotine Nasal Spray

- Rx only
- Do not sniff, swallow, or inhale while spraying
- Advantage: easily titratable to manage symptoms
- Disadvantages: frequent dosing, nasal/throat irritation

Nicotine Oral Inhaler

- Rx only
- Inhale into back of throat in short breaths
- Do NOT inhale into lungs like a cigarette, but puff
- Advantage: easily titratable to manage symptoms
- Disadvantages: frequent dosing, nasal/throat irritation

Varenicline (Chantix)

- Rx only
- Blocks nicotinic receptors- non-nicotine cessation
- Oral formulation
- Decreases withdrawal symptoms
- May cause nausea and insomnia/vivid dreams
- Take after meal, with full cup of water

Bupropion SR (Zyban)

- Rx only
- Oral formulation
- Can be used with Nicotine replacement therapy
- Increases risk of seizures
- May be beneficial for those depressed
- Shown to increase long-term smoking cessation

Pre-Clinic Survey:

1 = "Don't know or understand"

3 = "Somewhat know or understand"

5 = "Completely know or understand"

1. How well do you understand your high sugar levels?

1 2 3 4 5

2. How well do you know how to take/use your medications (i.e. how often, how many, with or without food or water, etc.)

1 2 3 4 5

3. How well do you know your goal blood sugar value?

1 2 3 4 5

4. How comfortable do you feel asking your pharmacist questions about your condition and medications?

1 2 3 4 5

Post-Clinic Survey:

1 = "Don't know or understand" 3 = "Somewhat know or understand" 5 = "Completely know or understand"

1. How well do you understand your high sugar levels?

1 2 3 4 5

2. How well do you know how to take/use your medications (i.e. how often, how many, with or without food or water, etc.)

1 2 3 4 5

3. How well do you know your goal blood sugar value?

1 2 3 4 5

4. How comfortable do you feel asking your pharmacist questions about your condition and medications?

1 2 3 4 5

5. How helpful did you feel this clinic was in understanding your health more clearly?

1 2 3 4 5

6. Feedback! Any comments or suggestions: