

## **Motivating Smokers to Quit: The Rhode Island Hospital Experience**

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### **Problem:**

Smoking cessation counseling continues to be a challenge for nurses in their daily roles of providing patient specific nursing care. At a New England academic medical center data demonstrated that less than 55% of smoking patients admitted with diagnoses of pneumonia, congestive heart failure and acute myocardial infarction received smoking cessation counseling. As an institution seeking to achieve positive health outcomes, this presented an opportunity for improvement.

### **Evidence:**

Chart audits were conducted as well as comparisons to statewide averages as reported by CMS and benchmarked according to state data that indicated that a 65% average of patients received smoking cessation counseling.

### **Strategy:**

A comprehensive literature review, benchmarking with thirteen similar institutions, and consultant services linked nursing innovations to the evidence-based practices related to smoking cessation.

### **Practice Change:**

Assessment tools were revised to include patient's smoking status

Continuity of Care form was revised to include community resources for smoking cessation

Nurse champions were identified on every adult and pediatric unit

Nursing staff received 16 hours of training related to motivational counseling and interventions

A Patient packet was developed.

Physician partnerships were developed

### **Evaluation:**

Historical data ranged from **54%** of patients receiving smoking cessation counseling to **100%** after implementation of the program. This has been sustained since April 2006.

### **Results:**

Staff, physicians and patients have expressed satisfaction with the counseling received.

### **Recommendations:**

1. Engage staff and physicians in promoting smoking cessation
2. Report data as an indicator of quality of care
3. Nurses at the bedside who have established a relationship with the patients are the best educators for patient teaching.
4. Establish a referral program for discharged patients

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