### Background

- In the United States:
  - Smoking kills more people than alcohol, AIDS, car crashes, illegal drugs, murders and suicides combined.
  - Tobacco affects us all, especially through our taxes, each year ~ $30 billion has been spent on Medicaid and Medicare Federal and state government smoking-caused expenditures.

- In Texas alone:
  - 993,000 children are exposed to secondhand smoke at home
  - 71.4 million packs of cigarettes are smoked by kids
  - 15.8% (2,888,100) adults currently smoke
  - Smoking has also claimed the lives of many, every year 24,500 adults die
  - 503,000 children under 18 will ultimately die premature from smoking

- Smoking cessation programs:
  - Systematic review revealed the outcomes of five studies of worksite-based tobacco cessation programs which involved incentives, educational materials and activities. In these studies, tobacco quit rates increased by a median of 10 percentage points and the median quit rate achieved by program participants was 21%.

- The purpose of this project is to determine if providing a group “Lunch and Learn” educational session to grocery store employees regarding tobacco cessation and its associated risks will positively impact employee knowledge and commitment to quit smoking.

- Participants:
  - Educational session on the harmful effects of tobacco
  - Educational session on the proper use and selection of smoking cessation aids including: Nicotine replacement therapy and prescription options
  - Personal quit smoking action plan with tips to plan ahead and avoid common relapse triggers

### Objective

- To assess the impact of a pharmacist-led tobacco cessation and nicotine replacement therapy education program on participant knowledge

### Methods

- All employees and their dependents (>18 y/o) were eligible for inclusion in the study
- Education sessions were advertised to employees using flyers and company email
- Incentive: Participants were entered in a store raffle to win a $100 gift card
- Two educational sessions were scheduled
- Consenting participants completed a pre/post intervention survey
- The “Lunch and Learn” education sessions addressed:
  - Prevalence of tobacco use in Texas
  - Tobacco harm to physical health
  - Benefits of quitting
  - How nicotine works
  - Nicotine replacement therapy choice and proper use
  - Overview of Company based support system “Quit for Life”
- Participants were given the option of having a one-on-one consultation with a Pharmacist based upon the Smoking Cessation Algorithm (5 As) of Ask; Advise; Assess; Assist; Arrange
- Participants were given a quit plan including ways to avoid trigger relapse
- Employees were contacted bi-weekly during the first month then monthly to track their progress
- The primary outcome variables:
  - Knowledge of the benefits of tobacco cessation
  - Comfort level of using nicotine replacement products
- Additional survey items include participant demographic and tobacco use information

### Progress

- Program began January 2012
- Classes included 18 participants
- 11 participants completed the consultation
- 6 participants enrolled in the Quit for Life Program receiving reduced copays for Chantix® and Zyban®

### Limitations

- Some of the participants turned in a pre-survey but failed to attend an education session lowering the sample size
- Small sample size
- Participants did not fill out the pre-survey and post-survey under controlled conditions

### Future Goals

- Actively engage more pharmacists to create smoking cessation classes for their individual store
- Recruit more tobacco users and plan to hold classes each quarter

### References

1. CDC: Smoking and Tobacco Use. Available at: www.cdc.gov/tobacco/quit_smoking/