

# AAFP Tobacco and Nicotine Prevention and Control



AMERICAN ACADEMY OF  
FAMILY PHYSICIANS  
STRONG MEDICINE FOR AMERICA

## Chapter/FMRP Mini-Grants

Aultman Family Medicine Residency Program, Canton, Ohio



Results | Lessons Learned

### Goals

1. To increase awareness, self-assessed knowledge and skills among family practice residents and staff regarding available smoking cessation strategies and resources in order to better assist patients who are currently smoking.
2. To collaborate with Aultman Give It Up Tobacco Treatment Program, behavioral health and the Aultman Innovation Team to assist patients in quitting smoking.
3. To develop and use behavioral health skills, strengthening the effectiveness in managing stress and preventing relapse among patients enrolled in the Aultman Give It Up classes.

### Measurements

1. Change in knowledge and awareness of the smoking cessation tools and program
2. Aultman Give It Up tobacco cessation program metrics: referral, enrollment, attendance, graduation and quit rates

These grants were made possible with support from the AAFP Foundation.

### Project Overview

**Aultman Family Medicine Residency Program** provided innovative tobacco cessation intervention through collaboration with Aultman Give It Up – A Tobacco Treatment Program and Aultman Behavioral Health. We utilized effective evidence-based methods and information technology by developing AultQuit software. These increased awareness and knowledge to better aid and improve the health of high-risk, underserved patient population.

### Who, Where and When: The Project Team

- Residents conducted a training session for other residents, providers and staff on smoking cessation pharmacotherapy and also reached out to the community through Health Talk during the initial phase to disseminate information about smoking cessation and Aultman Give It Up! program.
- Certified Tobacco Treatment Specialists in Aultman Give It Up! Program at Cardiac Rehab for 6 months and newly certified Sandy Sibert at Aultman Family Practice Center during latter phase conducted tobacco cessation interventions.
- Licensed Clinical Counselors coordinated with nursing providers to facilitate skill development for two of the six sessions.
- Certified psychiatric pharmacist, Laura Manzey, conducted session on motivational interviewing and behavioral change for all the residents, faculty and staff. Innovation Team member, Marc Schneider, developed the AultQuit web-based application software and provided ongoing troubleshooting.

### What

>Collaboration among the Family Medicine residents, faculty and staff with Aultman Give It Up!, Behavioral Health and Innovation Team.

>Counselors facilitated development of mindfulness and cognitive behavioral therapy skills to assist patient effectiveness and confidence in abstinence from tobacco, and possible relapse.

>AultQuit software content was a combination of classroom content, course summaries and “nudges” to serve as reminders to participants of their classroom activities and that small changes in their behavior can achieve great rewards.

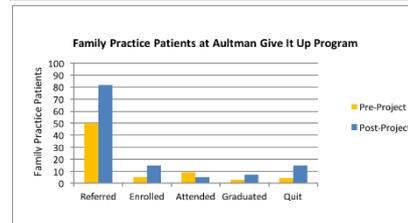
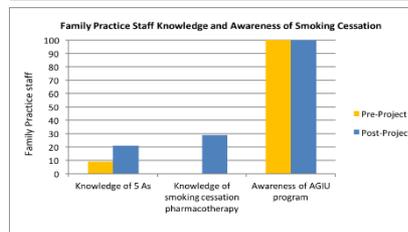
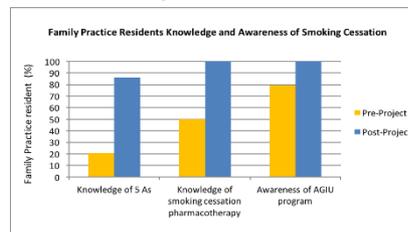
### How

>Education of residents, faculty and staff on the Aultman Give It Up program, smoking pharmacotherapy and motivational interviewing to effect behavior change.

>AultQuit software was developed to automate the enrollment process and include content delivery and reminder mechanisms. The primary communication mechanism was selected to be SMS text messaging.

>The Stress Management Session focused on understanding the impact of stress in the recovery process, identifying specific stressors. Patients developed Mindfulness skills using their five senses and discussed times to use these skills and how to strengthen the skills over time.

>Monthly meetings among the team members for updates, developments and challenges that needed to be addressed in a timely manner. Everyone was responsive to feedback and open to change.



Increase in knowledge and awareness among the residents and staff in terms of pharmacotherapy and motivational interviewing to effect behavior change and awareness of Aultman Give It Up.

Increase in referral rate from Family Practice Center which led to increase in enrollment, graduation and quit rate.

Development of the AultQuit software helped with the enrollment process and aided the Aultman Give It Up focus on the patient interaction instead of clerical work.

Collaboration developed stronger relationship among the Family Practice Center, Aultman Give It Up, Behavioral Health and Innovation Team; and opened doors for more multi-disciplinary endeavors in the future.