



AAFP Tobacco and Nicotine Chapter/Family Medicine Residency Program Mini Grants  
**Final Report**  
**2015-2016**

**Each question in this Final Report should be answered thoroughly and completely.**

Describe your project. Please answer the following questions.

1. Why did you choose this project? In other words, how was it relevant to your chapter/residency?  
**We identified that 54% of our prenatal patients self-report to smoking during pregnancy. We would like to reduce the number of pregnant patients that are smoking to reduce the incidence of lower birth weights as well as preterm delivery.**
2. What did you do and how did you accomplish it?  
**We partnered with the Vanderburgh County Health Department to present the Baby and Me Tobacco Free curriculum. The resident physicians worked with the public health nurse to identify patients who would benefit from the class and referred them for teaching. The public health nurse presents the class on Thursdays which is our initial prenatal visit day in order to reach the greatest number of pregnant patients as early in their pregnancy as possible. The resident physicians also created a video to be viewed during the smoking cessation class to assist in delivering our message of remaining smoke-free throughout pregnancy.**
3. What were your goals and to what extent did you achieve them?
  - **Enroll 50 women in the program.**
  - **90% of women continue to abstain from smoking at 12 months postpartum.**
  - **Overall goal to reduce the number of women smoking during pregnancy from 55% to 50%.****Since our project involves reducing the smoking rate of pregnant patients, we are currently unable to obtain more data at this point as the enrolled patients have not yet delivered. So far, we have enrolled 10 patients into this program, we have 18 patients ready to enroll, and have identified another 10 patients to invite.**
4. How did you measure your goals?  
**Patients self-report their smoking status as well as continued CO testing, when possible.**
5. How did this project benefit your chapter/residency? Please provide examples.  
**The funding from this project allowed us to enhance our training curriculum in an attempt to improve patient education concerning the dangers of smoking during pregnancy. (1) We were able to partner with the Vanderburgh County Health Department to present the Baby and Me Tobacco Free curriculum to identified patients. (2) We use demonstrations with Smokey Sue during classes to further relay to patient how a smoking mother affects her baby's health too. (3) We were able to make a video to be presented to our patients in other venues such as group prenatal visits and in the office waiting room. (3) We will be able to further enhance our teaching curriculum when we can purchase a promethean board as a visual teaching tool by developing interactive learning sessions to test the knowledge base of participants as well as keeping them interested in the content.**
6. What challenges did you face implementing your project and how did you overcome them?  
**Our Grant Manager left our program for other employment early on during this project. The change in leadership caused a delay in implementation as we oriented new leadership on the goals and strategies. The resident physicians took over leadership of the project and worked directly with the Health Department to carry out the mission of the project.**

Describe how other chapters/residencies could learn from your project.

7. Do you think that your project could be easily adapted by other chapters/residency programs? Why or why not?  
**Yes. As family physicians, our residents have identified smoking cessation as a very important topic to continue to pursue for all patients. Our project has been widely supported by the residents, faculty, and staff and has been fairly inexpensive to implement, but will prove to have a large benefit to our patients and future patients (the babies). We chose simple strategies for implementation so that the effort and results would be sustainable long-term. Therefore, we feel it would be easily adapted by other residency programs or physician offices.**
8. What recommendations would you have for other chapters/residencies who want to replicate your project?  
**Start with a steering committee to gain support of physicians and staff and to fully develop strategies as well as tactics on how to reach your overall goals. Also, search your organization for “experts” and expertise in implementing your strategies. We were able to obtain support from our Information Technology department in implementation of alternative learning models (promethium board) and use marketing department expertise in the development of a smoking cessation video. Even better, take it one step further and seek the assistance of and develop a partnership with your local health department to identify additional smoking cessation resources in the community.**

Contact Information

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**NOTE: AAFP would like to help disseminate your good work by sharing your project with others via the AAFP Mini-grant web page. Please indicate whether you consent to AAFP sharing on its website your project results, final report and contact information.  Yes       No**