 <p>PRIMARY CARE PRACTICE GUIDELINES APPENDIX F</p>	Practice Guideline: Implementation of the Regional Clinical Practice Guideline for the Management of Tobacco Use and Dependence	Guideline Number: <i>PCPG #12</i>
	Approved By: <i>Primary Care Management Team</i>	Pages: <i>1 of 2</i>
	Approval Date: <i>June 3, 2014</i>	Supercedes: <i>New</i>

Community Health Agency Program Descriptions of Tobacco Cessation Delivery Interventions Individual and Group Services (to assist with Implementation)

Smoking Cessation Counseling at NorWest Co-op

Clinic staff at NorWest are more consistently asking clients about tobacco use. Primary Care Nurses (PCNs) at NorWest Co-op's two sites can be consulted and are providing one-on-one counseling sessions to people who use tobacco and are willing to explore cessation. The counseling is coupled with assessing need for Nicotine Replacement Therapy (NRT) and through funding sources such as "Healthy Together Now Inkster" the team is able to provide NRT at no cost to those who qualify. NorWest Co-op has promoted the supports to the community in variety of ways including through newsletters to the Inkster community area, promotion at resource centres and creation of an inter-professional committee that meets regularly to discuss intervention, prevention and awareness activities in the community.

Between April 2013 and March 2014, 83 new referrals were made to for smoking cessation support. Ten of these have successfully quit smoking and stayed smoke free. Seventy-five percent of those referred continue to receive support from the clinic team and are taking steps towards reducing their tobacco use or have made a quit attempt.

Primary Care Nurses have participated in a number of local training opportunities to strengthen their smoking cessation intervention skills:

- Registered Nurses Association of Ontario's Smoking Cessation Champions workshop
- WRHA's Commit to Quit training
- Manitoba Lung Association's Lungs are for Life (LAFL) training
- WRHA's Brief Intervention counseling training (precursor to Health Behaviour Change training)


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Smoking Cessation Group Program at Mount Carmel Clinic

Commit to Quit (C2Q) is a six-week smoking cessation group program designed for adults which was developed by the Winnipeg Regional Health Authority (WRHA). The program is designed to address both nicotine addiction and behavioural elements of tobacco use, with the first four weeks focusing on getting ready to quit smoking and the last two weeks on supporting participants in the early phase of the quit attempt. Five C2Q groups were part of the original pilot of this program – 56 people registered for the 5 groups; 49 people attended at least one of the six sessions and 39 people attended two or more sessions. Of the 49 participants who attended at least one session, the self-reported quit rate 12 months after program completion was 22.4%.

Healthy Together Now (HTN) is a program within the WRHA which seeks to partner with community agencies to address chronic disease prevention activities. HTN funding was sought and approved to support the nicotine replacement therapy (NRT) products used by C2Q program participants in this initiative.

The quit groups are advertised in the clinic at Mount Carmel Clinic, in public housing within the community area, in community area schools (in family/community rooms where students' parents can spend time and access resources), by word-of-mouth, and electronically through a local community network. These advertisements include an offer of nicotine replacement therapy (NRT). A one-hour information session is

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held the week prior to the start of the quit group. At this session, attendees hear what to expect if they decide to attend the group:

- six week program (one hour session each week)
- must attend 3 of first 4 sessions in order to qualify for NRT
- NRT (patch, gum, both) will be provided starting at Week 4 of program for a maximum of 14 weeks
- NRT dispensed weekly to allow contact with nurse/pharmacist to determine ongoing NRT dosage and provide support
- If participant misses nurse/pharmacist contact for two consecutive weeks, NRT is discontinued

Since November 2011, 5 groups have been held. Of these 5 groups, 69 people (47 women; 22 men) attended at least one of the six sessions; 58 qualified for NRT.

For the first four quit groups (quit data on 5th group will be available in June.14), 55 people (38 women; 17 men) attended at least one of six sessions and 47 qualified for NRT. 42 of 47 used NRT, 4/47 used Champix (not supplied by program), and one participant used no cessation medication (average length of NRT use was 6.2 weeks). At six months after the end of their quit groups, 9 of the 55 participants (16%) were not smoking by self-report.

There is a 4-6 hour C2Q facilitator training session available for health care providers who are interested in offering quit groups at their site (need a minimum of 6 participants to run the training).

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