

Title of Intervention: A Minimal Contact Smoking Cessation Intervention in an Outpatient Setting

Intervention Strategies: Provider Education, Supportive Relationships, Individual Education

Purpose of the Intervention: To modify the smoking behavior of ambulatory clinic patients

Population: Smokers over the age of 18

Setting: Outpatient medical clinics at a large Midwestern teaching hospital; health care facility-based

Partners: Medical clinics

Intervention Description: Participants were assigned to provider intervention only or provider intervention plus self-help.

- **Provider Education:** Physicians were given a brief tutorial that emphasized the critical role of the primary care provider in recommending smoking cessation and described the three components to be included in the physician message: patients' personal susceptibility, patients' self-efficacy and physician interest. These three points were briefly placed on a "Smoking Study Marker" on each patient's record prior to physician contact. Nurses were taught how to counsel patients with regard to difficulties they would likely encounter when attempting to quit and possible strategies for avoiding or overcoming these problems.
- **Supportive Relationships:** All participants received cessation counseling from providers and nurses.
- **Individual Education:** Participants assigned to the provider intervention plus self-help received a manual that contained a smoking awareness test, a stop smoking contract, suggested deep breathing exercises, a self-monitoring system for the number of cigarettes smoked and daily advice on ways to quit. The basic design aimed at progressive skill development over a three-week period and encouraged self-reward for completion of each task. The kit allowed for various modes and time frames for quitting.

Theory: Not mentioned

Resources Required:

- **Staff/Volunteers:** Facilitators
- **Training:** Not mentioned
- **Technology:** Telephone
- **Space:** Counseling space, training space
- **Budget:** Not mentioned
- **Intervention:** Step-by-step Quit Kit, training materials
- **Evaluation:** Interviews

Evaluation:

- **Design:** Randomized controlled trial
- **Methods and Measures:**
 - Telephone interviews assessed whether or not quitting had been attempted and whether or not cessation had been achieved.

Outcomes:

- **Short Term Impact:** Not measured
- **Long Term Impact:** Both intervention groups were more effective than the control group in motivating quitting attempts. Participants in the provider intervention plus self-help group were much more likely than the other two groups to quit smoking during the study period.

Maintenance: Not mentioned

Lessons Learned: Long-term outcomes may require periodic reinforcement by the health care team and supplementary materials focusing on the difficulties commonly faced by new ex-smokers.

Citation(s):

Janz NK, Becker MH, Kirscht JP, Eraker SA, Billi JE and Wooliscroft JO. (1987). Evaluation of a minimal-contact smoking cessation intervention in an outpatient setting. *AJPH*, 77(7): 805-809.