

**Title of Intervention:** A Cigarette Smoking Cessation Counseling Intervention

**Intervention Strategies:** Provider Education, Supportive Relationships

**Purpose of the Intervention:** To help patients stop smoking

**Population:** Primary: Second/third year residents and part time/full time staff physicians of the Department of Family Medicine; Secondary: Clinic patients who smoked at least one cigarette a day

**Setting:** The National Taiwan University Hospital; health care facility-based

**Partners:** None mentioned

**Intervention Description:**

- **Provider Education:** Providers were assigned to one of two interventions: stages of change training or provider reminder poster. Providers in the stages of change training were given two lessons on the stages of change model for cigarette smoking and received specific guidelines for clinical counseling on cigarette smoking cessation. Lessons on the stages of change model in cigarette smoking emphasized that most people follow a cyclic pattern in behavioral change with relapse being the rule rather than the exception. A special follow-up form was used for each provider to record stage changes of each patient. Practice guidelines emphasized how each counseling session should be conducted. Providers were taught that counseling was more effective when addressing one topic at a time at the end of the visit. Summaries on the detrimental effects of cigarette smoking on health and ways to deal with a patient's concerns about quitting smoking were reviewed. The provider reminder poster group received a poster to be placed in the examination room to remind the provider to conduct smoking cessation intervention in their clinic practice.
- **Supportive Relationships:** Clinic patients received smoking cessation counseling from providers.

**Theory:** Stages of Change Model

**Resources Required:**

- **Staff/Volunteers:** Educator
- **Training:** Not mentioned
- **Technology:** Not mentioned
- **Space:** Rooms for provider education and patient counseling
- **Budget:** Not mentioned
- **Intervention:** Posters, practice guidelines
- **Evaluation:** Patient interviews

**Evaluation:**

- **Design:** Randomized controlled trial
- **Methods and Measures:**
  - Baseline interviews assessed patients' demographics, cigarette-smoking habits and health beliefs.
  - Follow up interviews assessed patients' cigarette smoking status.

**Outcomes:**

- **Short Term Impact:** Not measured
- **Long Term Impact:** Patients who were treated by providers who received stages of change training had a significantly greater decrease in their daily cigarette consumption. There were a significantly higher number of patients treated by stages of change trained providers that stopped smoking when compared to the control.

**Maintenance:** Not mentioned

**Lessons Learned:** Counseling should be done at the end of each clinic visit so both patient and provider will not be distracted by the patient's primary concern for visiting the clinic. Repetitive attempts at modification over a long period of time are more effective than just having lengthy sessions.

**Citation(s):**

Wang, W. D. (1994). "Feasibility and effectiveness of a stages-of-change model in cigarette smoking cessation counseling." *J Formos Med Assoc* 93(9): 752-7.