

Title of Intervention: A Physician Counseling Intervention for Pregnant Smokers

Intervention Strategies: Supportive Relationships, Individual Education, Provider Education

Purpose of the Intervention: To stop or reduce smoking among pregnant women

Population: Primary: Pregnant smokers who received prenatal care from the Maternal Infant Care clinic or the Adolescent clinic; Secondary: Medical residents

Setting: Health care facility-based, worksite-based

Partners: None mentioned

Intervention Description:

- Supportive Relationships: Participants received structured advice from their physicians combined with referral to individual counseling by a trained nurse at each of the 1st, 2nd, 3rd and 5th prenatal visits and again at the 36th week.
- Individual Education: Before seeing the provider, women received a brief standardized health risk message about the effects of smoking on the fetus and pregnancy.
- Provider Education: Each provider received a description of the training and copies of four papers concerning smoking cessation advice. They also were trained in small groups during a workshop. The workshop included a review of the project, a description of the advice with a rationale for each step, the use of the specially-designed protocol prompt sheet to guide this advice, a videotape demonstration of the advice being delivered by a family physician and a role play of the advice paired with corrective feedback. Residents who were unable to attend a workshop were trained individually. Each resident also participated in an individual refresher session with the psychologist a few days before starting his or her first rotation on the Maternal Infant Care clinic. During these sessions the intervention protocol was role-played with a simulated patient. Appropriate feedback was then provided to the resident. Each month, the progress of the trial and the residents' adherence to the protocols were discussed by the smoking cessation counselor during Maternal Infant Care clinic conferences.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Health care providers, training leaders
- Training: Not mentioned
- Technology: Not mentioned
- Space: Rooms for training sessions, counseling
- Budget: Not mentioned
- Intervention: Smoking cessation booklet, prompt sheet, training materials
- Evaluation: Questionnaire, CO measurement equipment, urine collection equipment, telephones, mailings, postage

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:
 - Questionnaires measured baseline smoking behavior, number of other smokers in the household, close friends' smoking, motivation to stop, confidence in quitting, intention to stop during pregnancy, attitudinal measures and demographics.
 - Questionnaires measured smoking status, recent quitting attempts and exhaled carbon monoxide (CO) levels.
 - Exit interviews among the intervention group assessed the content of the doctor's advice and smoking behavior change.
 - Urine samples measured cotinine concentration.

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: A larger portion of women in the intervention group had quit smoking, confirmed by exhaled CO levels, or had cut their cigarette consumption or agreed to set a quit date. Average cigarette consumption was lower in the intervention group than in the usual care after one year.

Maintenance: Not mentioned

Lessons Learned: Not mentioned

Citation(s):

Secker-Walker, R. H., L. J. Solomon, et al. (1992). "Training obstetric and family practice residents to give smoking cessation advice during prenatal care." *Am J Obstet Gynecol* 166(5): 1356-63.

Secker-Walker, R. H., L. J. Solomon, et al. (1998). "Reducing smoking during pregnancy and postpartum: physician's advice supported by individual counseling." *Prev Med* 27(3): 422-30.