

Title of Intervention: A Resident Training Program for Smoking Intervention Skills

Intervention Strategies: Provider Education

Purpose of the Intervention: To train medical residents to counsel patients to quit smoking

Population: Internal medicine and family practice residents

Setting: University of Massachusetts Medical School; health care facility-based

Partners: None mentioned

Intervention Description:

- **Provider Education:** The training consisted of three separate sessions, two using small group format and one individualized tutorial. The small group meeting included a brief slide presentation of the evidence concerning the relationship of cigarette smoking to chronic disease morbidity and mortality, the benefits of cessation, viewing and discussion of a demonstration videotape of three different smoking interventions, and role playing with patient simulators and fellow residents. The training typically occurred during the resident's clinic time. Brief written material was provided. It included a sample script and guidelines for each of the three intervention strategies. During the individual tutorials at the end of the training program each resident was videotaped using the counseling intervention approach with a patient simulator. Feedback was provided to the resident during videotape review concerning his or her intervention skills and areas for further enhancement. The intervention combined the use of guided questioning with the feedback of relevant information to assist the patient to stop smoking. The six content areas were desire and motivation to change smoking behavior, experience with smoking cessation, factors that inhibit smoking change (barriers), resources for change (strengths), plan for change and methods of dealing with factors that may interfere with the plan.

Theory: Patient Centered Counseling Model

Resources Required:

- Staff/Volunteers: Not mentioned
- Training: Not mentioned
- Technology: Not mentioned
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Patient simulators, slideshow, videotape, sample script and guidelines, a lunch or snack to persuade physicians to attend group sessions
- Evaluation: Questionnaires, trained observers

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:
 - Questionnaires assessed the program's influence on knowledge and attitudes toward smoking and smoking cessation.
 - Review of pre-/post- videotaped interactions assessed the behavioral influence of the program.
 - Questionnaires assessed perceptions of need and effectiveness of physician-delivered smoking cessation approaches.

Outcomes:

- **Short Term Impact:** There was a significant overall increase in knowledge of the risks of smoking cigarettes. There was an improvement in residents' opinions of their influence on their patients who smoke. Residents exhibited positive change in two of the three counseling behavior skills and in the application of these skills to the six content areas.
- **Long Term Impact:** Not measured

Maintenance: Not mentioned

Lessons Learned: Not mentioned

Citation(s):

Quirk, M., J. Ockene, et al. (1991). "Training family practice and internal medicine residents to counsel patients who smoke: improvement and retention of counseling skills." *Fam Med* 23(2): 108-11.

Ockene, J. K., M. E. Quirk, et al. (1988). "A residents' training program for the development of smoking intervention skills." *Arch Intern Med* 148(5): 1039-45.