

Increasing tobacco cessation counseling through verbal and visual reminders at Family Medicine Residency Clinic

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Background

- Smoking is a modifiable risk factor for cardiovascular disease, cancer, and chronic obstructive pulmonary disease
- National Lung Screening Trial in 2015 showed that primary care providers assisting and arranging follow-up to smokers was associated with increased quitting²
- Physicians often defer due to active illness, or more urgent needs³

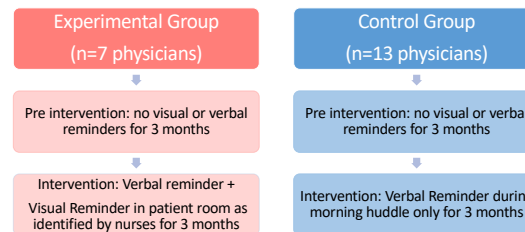
Purpose

- To increase smoking cessation counseling and documentation
- Compare verbal and visual reminders to clinical staff

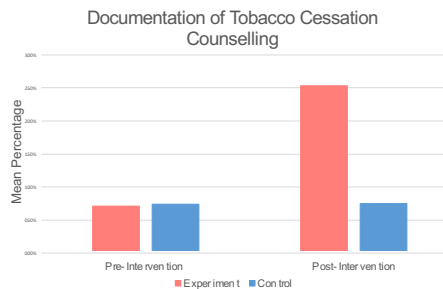
Question

- Will a verbal or visual reminder at the workstation increase documented rates of smoking cessation using ICD code Z71.6 "Encounter for Tobacco use Cessation Counseling"?

Experimental Design



Results



Key Findings

- Verbal reminders did not show a statistically significant difference (p value = 0.72)
- Visual + verbal reminders showed a significant improvement in documentation when comparing pre and post intervention (p value = 0.045)
- Comparing between visual + verbal vs verbal only, there is no statistically significant difference (p value = 0.16)

Conclusions

- Visual reminders showed a significant increase in documentation
- Limiting factors: duration of study, consistency of resident clinics and visit types, number of active tobacco users
- Future studies: re-evaluate intervention based on smoking status of patients and expand the ICD codes in data collection

References

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