

# Outcomes for *Strategies to Facilitate Smoking Cessation* (Final Report)

**Start Date:** 02/28/20

**End Date:** 03/01/21

**Target Audience:** This activity was intended for nurse practitioners working primarily in primary care practice, but it is anticipated NP students and NPs in other specialties will participate.

**Registrants:** 4,344

**Completers (took evaluation):** 3,080

**Starts (started activity):** 379

**Activity Description:** Tobacco use is the leading cause of preventable illness and death in the United States and worldwide. Dr. Fathi guides the learner through smoking cessation counseling and pharmacotherapy in this activity. Role playing vignette videos allow the learner to see counseling techniques applied to a case scenario.

## Learning Objectives:

- Explain the importance of asking every patient about smoking at every visit.
- Discuss the relevance of treating tobacco use as a chronic disease.
- Identify guideline-recommended and evidence-based methods for improving the rates of successful smoking cessation.
- Discuss the role of the nurse practitioner in addressing barriers and preventing relapse.
- Describe the results of randomized controlled trials and real-world studies of smoking cessation pharmacotherapy alone and in combination with other methods.
- Describe barriers to successful smoking cessation attempts.
- Identify the ways in which counseling, pharmacotherapy, and nicotine replacement therapy can overcome these barriers.
- Discuss mechanisms of action of smoking cessation pharmacotherapies, including nicotine replacement therapy.

## LEARNER PARTICIPATION

**Total Actual Unique Learners (based on evaluations received n=3,080)**

TOTAL Learners	NP	Nurse/NP student	Other APRN	Other not listed
3080	84% (2597)	12% (375)	2% (60)	2% (48)

**Breakdown of NP certification (based on evaluations received & answers n=2926)**

TOTAL Learners	Family	Adult / Gerontology	Acute Care	Other	NA, not certified as NP
2926	71% (2185)	14% (272)	4% (113)	8% (243)	4% (113)

**Breakdown of practice setting\* (based on evaluations received & answers n=3080)**

TOTAL Learners	Primary care	Inpatient/Hospital	Urgent care	Cardiology
3080	44% (1350)	7% (219)	6% (194)	4% (117)

**\*Additional practice sites:**

Women's Health- 3% (99)      Retail/Convenience-3% (96)  
Pulmonary- 3% (92)      Long-term Care-2% (54)  
Psych/Mental Health- 2%(57)      Pediatrics-2% (53)  
Other- 22% (683)

## Faculty



**Joelle Fathi, DNP, RN,  
ARNP, NCTTP**

Dr. Fathi is an adult nurse practitioner who has 20 years of experience working in both primary and acute care settings. She holds national certifications as a tobacco treatment specialist and has been dedicated to helping people quit smoking for more than two decades. She serves as the Vice-Chair to the Tobacco Treatment Task Group for the American Cancer Society, Atlanta, GA. She also serves on the Tobacco Treatment Guidelines Committee for the American Thoracic Society and the Tobacco Control and Smoking Cessation Committee for the International Association for the Study of Lung Cancer.

## Impact of activity

**Post Activity Gains  
34% (3080 paired)**

Overall increase in mean percent correct answers from pre to post,  $P < 0.001$

**33,820  
# of potential  
patients impacted  
weekly**