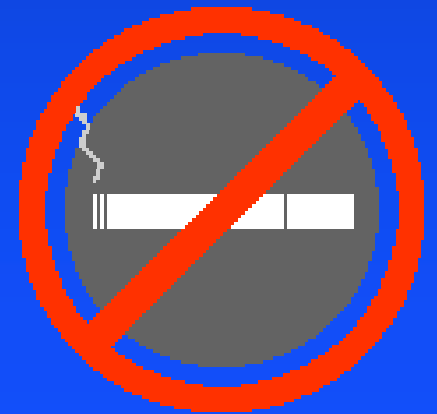


How good are Paediatricians at providing brief interventions for Adolescents who smoke?

Dr Bronwyn Milne, Dr Sue Towns
Department of Adolescent Medicine
The Children's Hospital at Westmead
Youth Health Conference, November 2006



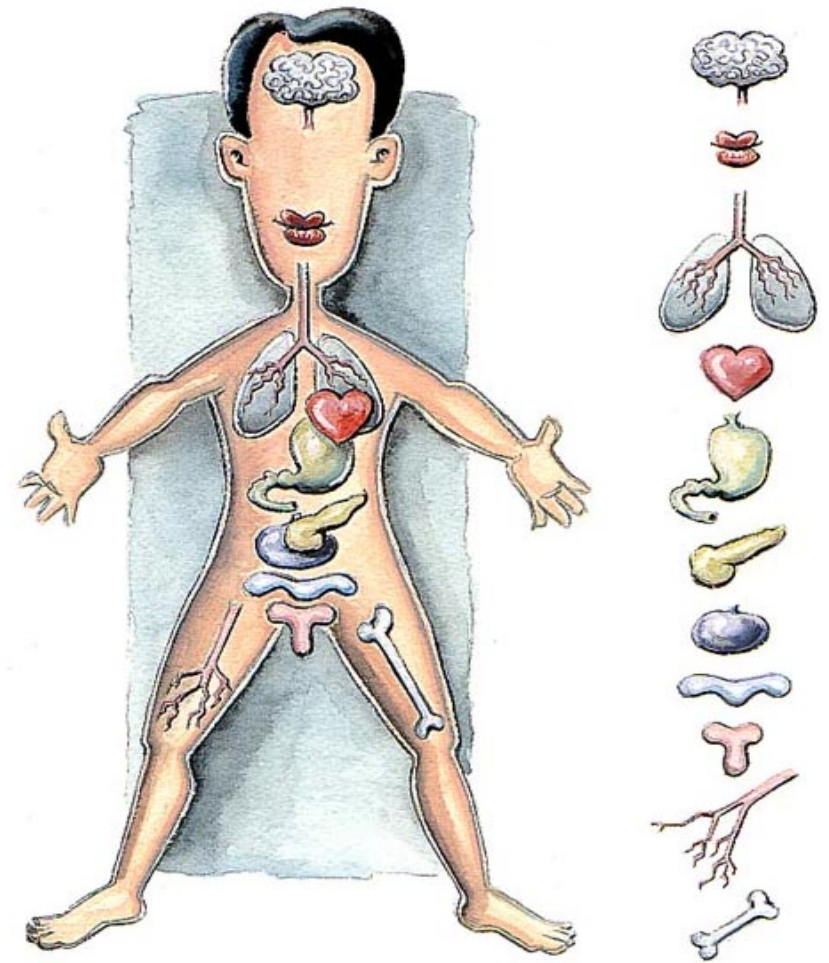
Outline

- Why this project is important
 - Tobacco and Teenagers
- Aim of this project
- Method
- Results
- Implications for practice



Why bother about Tobacco?

- Leading cause of death
- Preventable illness
- Brief Interventions proven to increase quit rates — Cochrane review. Silagy 2003
- NRT doubles quit attempts — Silagy, Fiore
- 5 A's model

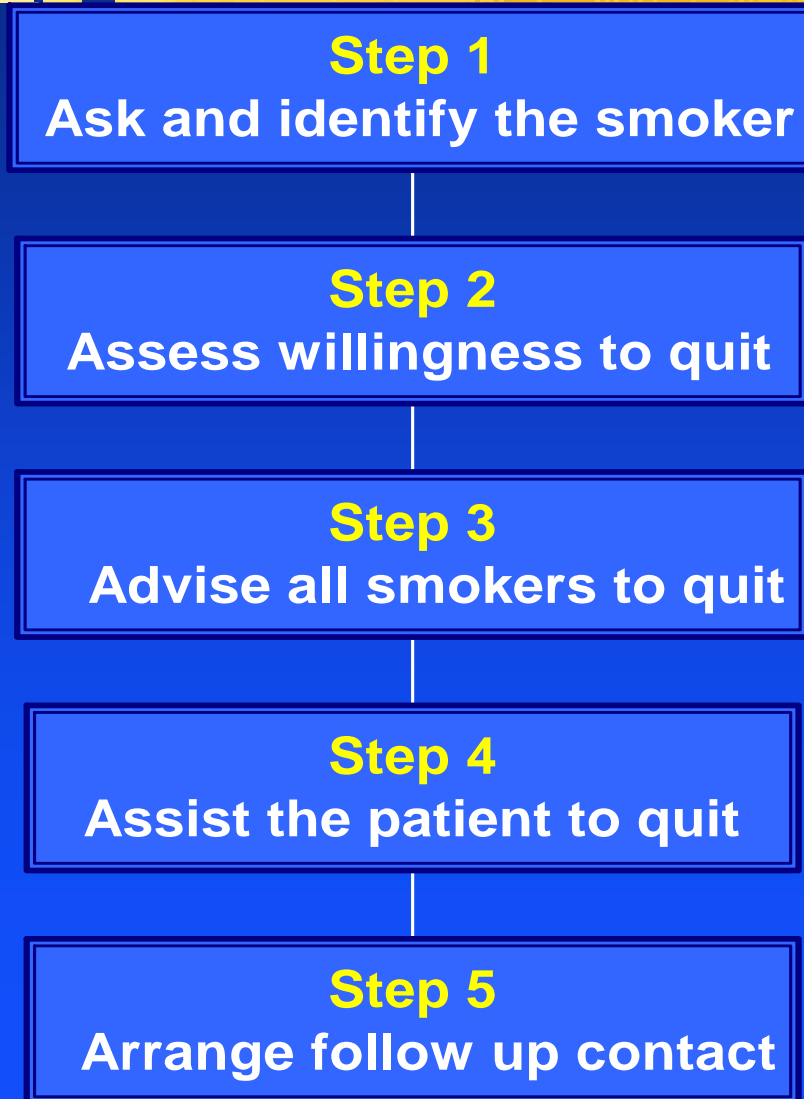


Tobacco and Teenagers

- Initiation of smoking in Adolescence
- Gateway drug
- Evidence of delayed onset decreases substance abuse later - NDARC
- 5% 13 year olds smoked cigs in past week
- 24% 17 year olds smoked cigs in past week
- Transition age 14-15yrs F > M

(Ref: Australian Secondary Students Survey, NSW 2002)

5 As for Smoking Cessation Brief Intervention



Aim

- Describe the self-reported practice of paediatricians in brief interventions for Adolescents who smoke.
- Compare current practice with knowledge, skills and confidence in brief interventions.
- Assess the effectiveness of a training program in brief interventions on clinicians' self reported practice.

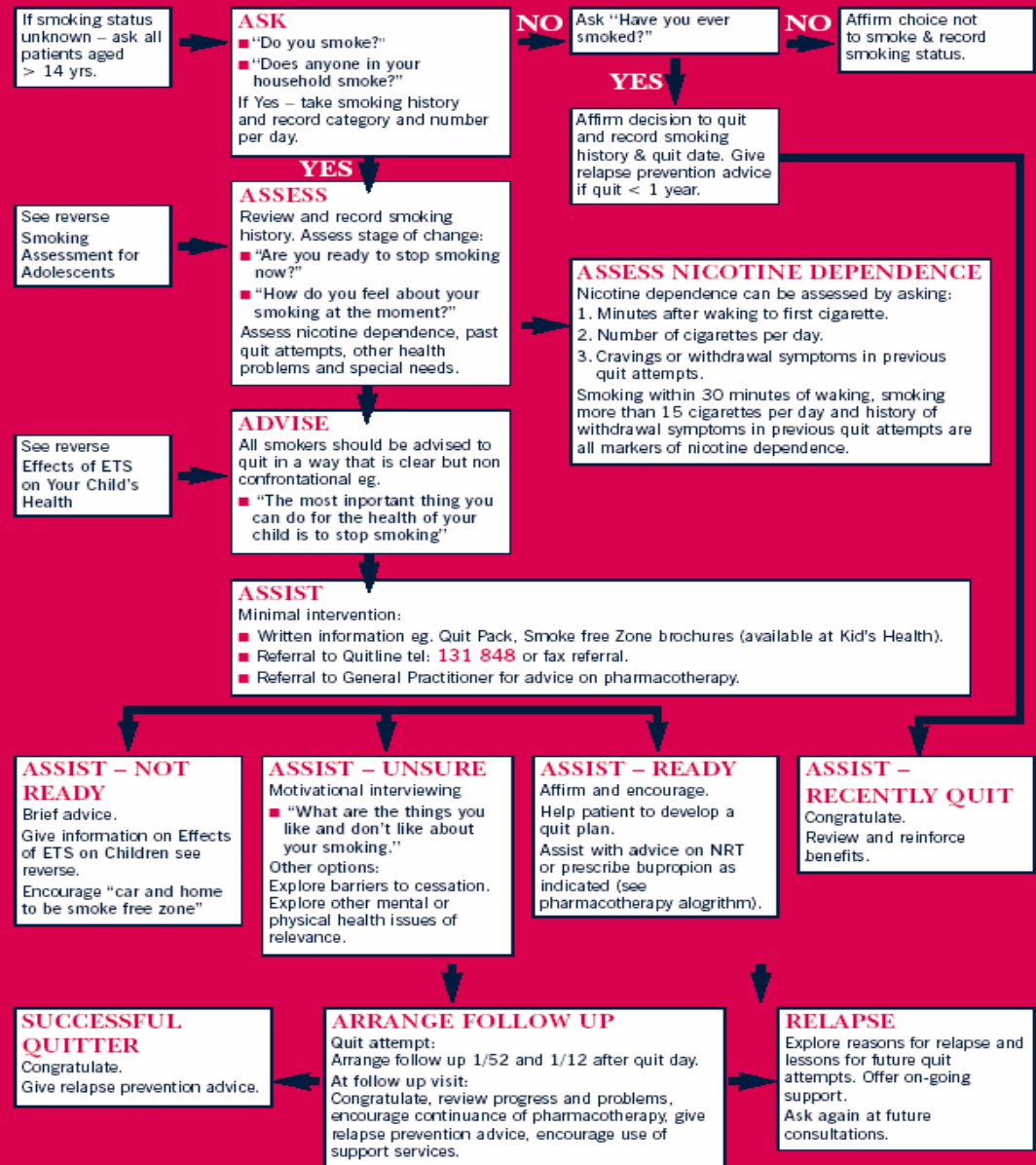
Method

- Questionnaire - self reported practice
 - 5 A's
 - Confidence and skill in brief intervention, motivational interviewing, relapse prevention
 - Knowledge of NRT and Pharmacotherapy
 - Barriers
- Paired categorical measurement taken
 - recall their practice for the last inpatient / outpatient
- Comparison between self reported practice using 5 A's with confidence, knowledge and skill using chi-squared using SSPS v 11

Training Program

- Information about smoking
- Evidence and effectiveness of Brief interventions and NRT
- 5 A's flowchart and script
- Resource pack
- Referral forms for quit line
- Patient information on tobacco

5As For Smoking Cessation



Results

- 57 clinicians completed questionnaires
 - 41 (72%) senior medical staff
 - 16 (28%) junior medical staff
 - 97% clinicians see adolescent patients
- 55 (96%) of clinicians believe it is important to ask about smoking in a consultation
- There was no significant difference between self reported practice and last inpatient or outpatient using McNemar's test

Paediatrician's use of 5A's for teenagers who smoke

Routinely asked questions 5 A's	All or most of the time % (n=57)
Ask	54%
Assess	44%
Advise	58%
Assist	16%
Arrange	18%

Barriers inhibiting discussion of smoking with teenagers

Barriers preventing discussion about smoking	% (n=57)
It is not relevant to my consultation	16
Lack of time	14
Pessimistic about intervention	10.5
Lack of confidence	9
Don't know how to institute strategies	9
Don't know what to say	8
Fear of upsetting parents	9
Not my responsibility	2

Comparing skills, knowledge and confidence with 5As

Variable	Ask	Assess	Advise	Assist	Arrange
Understand stage of change model	ns	ns	ns	p<0.01	p<0.05
Skill in brief intervention	ns	P<0.05	p<0.01	p<0.001	p<0.01
Skill in motivational interviewing	P<0.05	P<0.05	P<0.01	ns	P<0.001
Knowledge and best practice of NRT	ns	ns	ns	P<0.001	P<0.001
Skills in relapse prevention	ns	P<0.01	P<0.01	P<0.001	P<0.01

Comparing skills, knowledge and confidence pre and post training

Variable	Pre training n=57	Post training n=28	P value
Understand stage of change model	35%	62%	Ns
Skill in brief intervention	23%	58%	P<0.01
Skill in motivational interviewing	36%	54%	Ns
Knowledge and best practice of NRT	15%	46%	P<0.01
Skills in relapse prevention	18%	28%	Ns

Summary and Implications

- Clinician's who are more confident in the following
 - brief interventions
 - motivational interviewing
 - relapse preventionwere more likely to offer brief interventions – 5 A's
- Assessment 1 month post training did not show any change in self-reported practice using 5 A's.

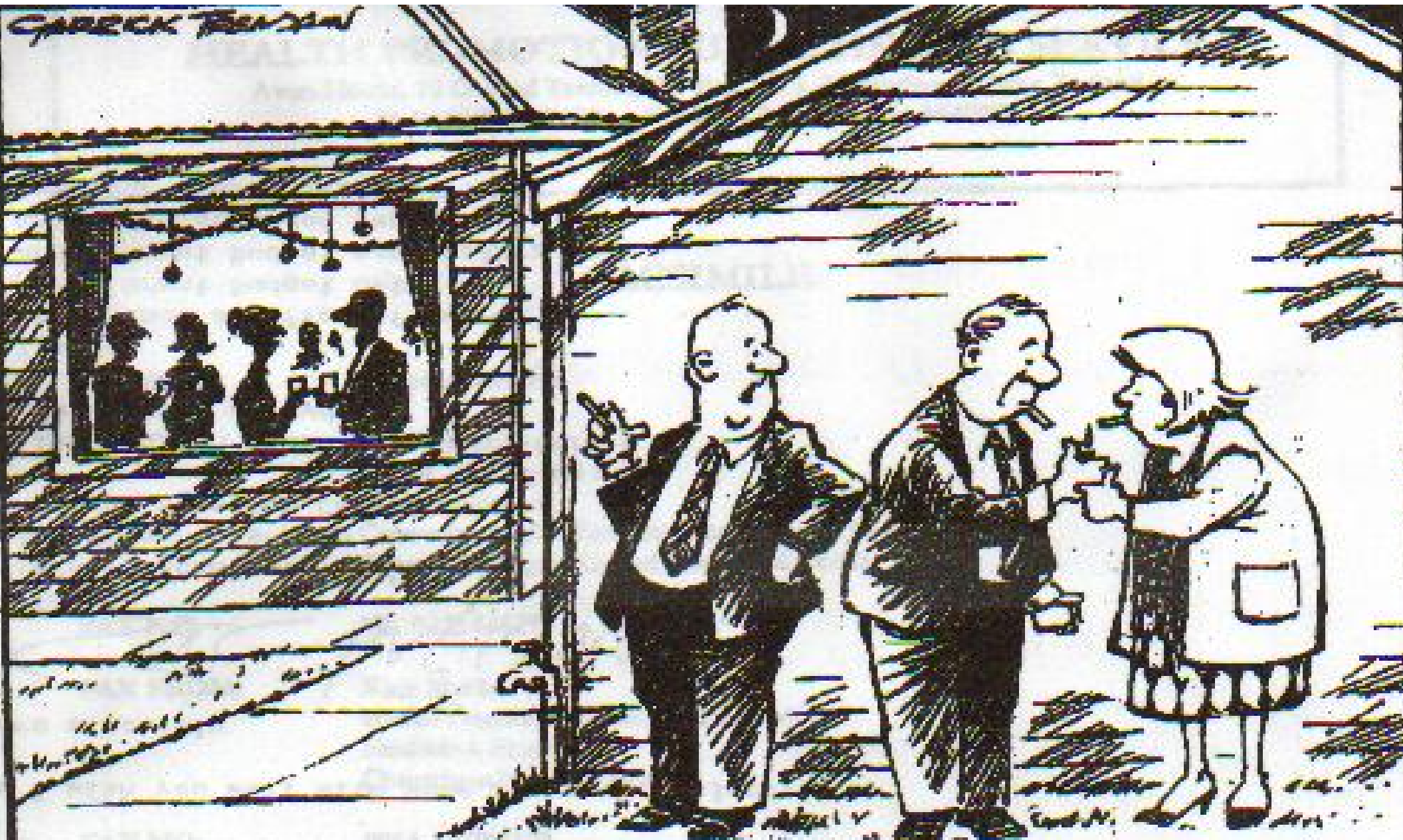
Summary and Implications

- Targeted training for clinicians in brief intervention increases knowledge and confidence in
 - Brief intervention skills
 - Knowledge of evidence and best practice of NRT
- May need to institute organisational changes to facilitate increased intervention

What we are doing about it!

- Instituting organisational change
 - Kids Health assisting
 - Brouchers in OPD, ED, Wards
 - Respiratory CNC specific for tobacco cessation
- Training Nursing staff
 - E-learning package
 - 1 hour workshop
 - Pre and post evaluation
- Levels of Intervention
- Aim to build ALL CLINICIANS confidence

GARRETT BUNSON



Y'KNOW, THIS IS HOW I STARTED THIS DAMNED HABIT 40 YEARS AGO...
OUT BEHIND THE GARAGE !!