

Assessing Readiness to Quit Smoking in Vascular Surgery Patients

Brittany Kirby, MSN, APRN, FNP-C; Jennifer Barut, PhD, MSN, RN



BACKGROUND

- Smoking contributes to development of ASCVD and aortic aneurysm disease
- Majority of current smokers desire to quit
- Less than 1/3 receive assistance to quit from healthcare provider
- No standard practice or tool for assessing readiness to quit

AIM

- To increase the number of patients assessed for readiness-to-quit smoking cigarettes from 0% to 50% by over a two week implementation period in vascular surgery specialty clinic patients who currently report smoking cigarettes.

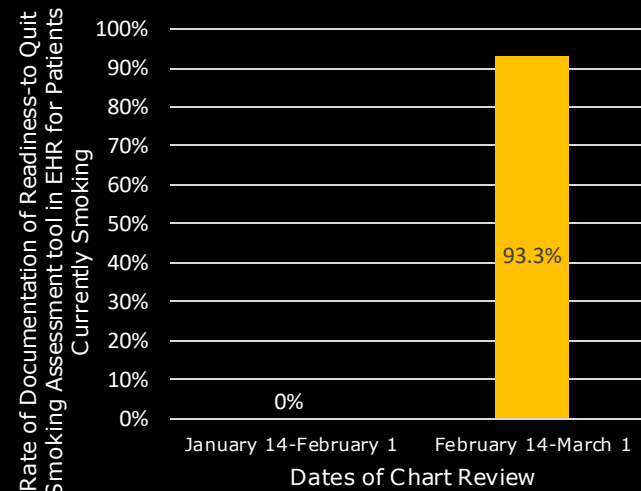
OBJECTIVES

- Based on search and review of current literature, select an evidence-based tool for assessment of readiness to quit smoking based on validity and feasibility of use in practice.
- Develop practice process change to incorporate tool into current workflow.
- Inform and educate office staff on workflow process change and importance of readiness to quit assessment tool.
- Implement smoking cessation assessment project for nurse practitioner's patients over a 2 week period.
- Analyze and evaluate post-implementation EHR data.

Introducing a standardized assessment tool into provider workflow increases assessment of readiness to quit smoking in vascular surgery patients.



Rate of Documentation of Readiness-to-Quit Smoking Assessment Tool in EHR for Patients Currently Smoking



PATIENT DEMOGRAPHICS	
Age	n (%)
50-59	3 (21.4%)
60-69	5 (35.7%)
70-79	5 (35.7%)
80-89	1 (7.1%)
Gender	n (%)
Male	10 (71.4%)
Female	4 (28.6%)
Diagnosis	n (%)
Abdominal Aortic Aneurysm	6 (42.9%)
Peripheral Arterial Disease	6 (42.9%)
Carotid Artery Stenosis	2 (14.3%)
	Mean (SD)
Number of Years Smoked	50 (1.84)
Number of Cigarettes Smoked Per Day	n (%)
<10	5 (35.7%)
10-20	9 (64.3%)
	Median (IQR)
Number of Previous Quit Attempts	1.5 (1-2)

CLINICAL IMPLICATIONS

- Providers can increase assessment of readiness to quit smoking by incorporating a standardized assessment tool into daily workflow.
- Providers may also track scores of assessment tool over time to identify trends and changes in an individual's readiness to quit smoking.

