



Do You CAARd? Smoking Cessation Online Continuing Education Program

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Introduction

- Smoking and diabetes prove a deadly combination. Smoking exacerbates the harmful effects of diabetes by increasing risk for fatal heart attack, stroke, amputation and other complications.
- Brief intervention by a health care provider and a referral to a quitline is more effective than simply advising the patient to quit and doubles the cessation rate.
- Ask-Advise-Refer smoking cessation intervention is a simple and effective way to educate and encourage smokers to quit.
- Online educational programs are a convenient, cost effective teaching method.

Methods

Online Education

- The Do you cAARd? Taskforce, made up of diabetes educators, and the California Diabetes Program developed an educational web-based program.
- Free (1.5) continuing education units (CEU) for RN's, RD's and Pharmacists through the American Association of Diabetes Educators (AADE).

Online education program objectives:

- Describe the health effects and physiology of tobacco use on diabetes.
- Discuss the effects of nicotine on people who smoke.
- Demonstrate the Ask-Advise-Refer cessation intervention.
- Explain how Quitlines function.
- List pharmacotherapy for tobacco cessation.
- Identify strategies and resources for patients with diabetes who smoke.
- Discuss tobacco addiction as a chronic disease.
- A survey was emailed to participants 3 months after taking the CEU post test to assess their confidence in promoting cessation and tobacco cessation quitlines.

Results

Automated tracking system results via the Diabetes Information Resource Center (DIRC)
May 2009 to March 2010 (8 months):

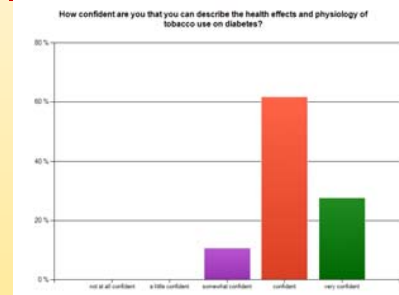
- 4464 visits to online Ask-Advise-Refer education program
- 2765 downloads
- 132 completed post test exams required for AADE CEU 100% to 70% passing rates

Preliminary participant follow up survey results (N=47 of 132 possible respondents):

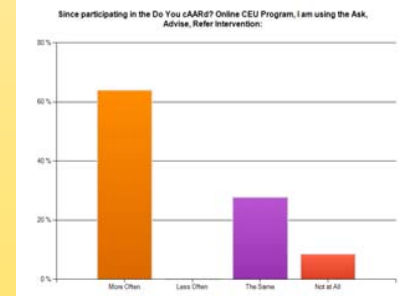
- 89% Confident/Very Confident in describing health effects of tobacco use
- 80% Confident/Very Confident in identifying cessation resources for patients who smoke
- 85% Often/Always screen about tobacco use at every visit
- 87% Often/Always encourage smokers to quit
- 74% Confident/Very Confident in demonstrating Ask-Advise-Refer
- 64% Use Ask-Advise-Refer more often since participating
- 91% Have referred clients to smoking cessation programs



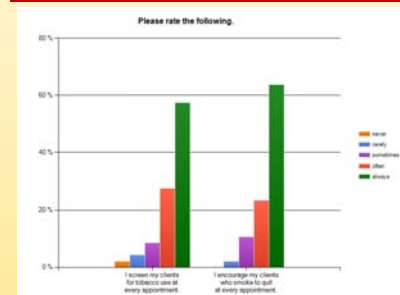
Confidence Describing Health Effects



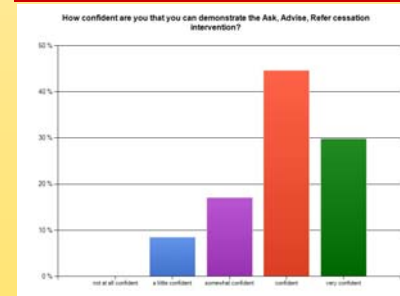
Using AAR Intervention



Screen Every Visit and Encourage



Confidence Demonstrating AAR



Discussion and Limitations

- Survey participants were significantly more confident understanding the health effects of tobacco use, referring to the quitline, promoting cessation resources, screening and encouraging patients to quit.
- Results are limited by the number of participants who completed the post test. The survey was administered by email through Survey Monkey and email security protocol may have interfered with distribution.

Conclusions

- Easy to use, convenient education program.
- To instill more confidence among participants in demonstrating the AAR the next version of this program will include a role play of AAR in action.
- Successful resource for integration of chronic disease and tobacco cessation programs.



References

- Fiore MC, Bailey WC, Cohen SJ, et al. Treating Tobacco Use and Dependence: 2008 Update. Clinical Practice Guideline. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. May 2008.
- Diabetes Care 30: 1883-1885, 2007. Schroeder SA. What to do with a patient who smokes. JAMA. 2005;294(4):482-487

Diabetes Information Resource Center (DIRC) www.caldiabetes.org