



LEAVE THE PACK BEHIND

Clinical Tobacco Intervention Bulletin

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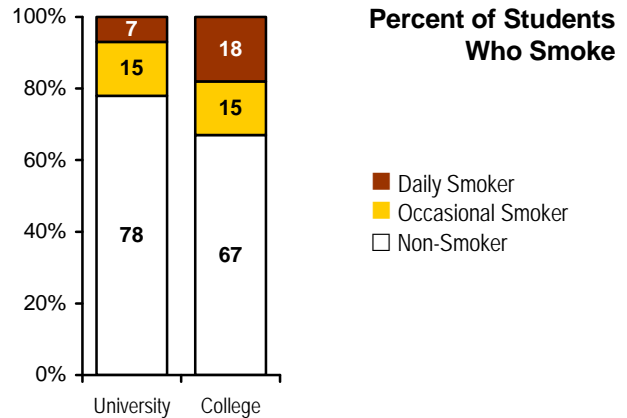
www.LeaveThePackBehind.org

Special Interest

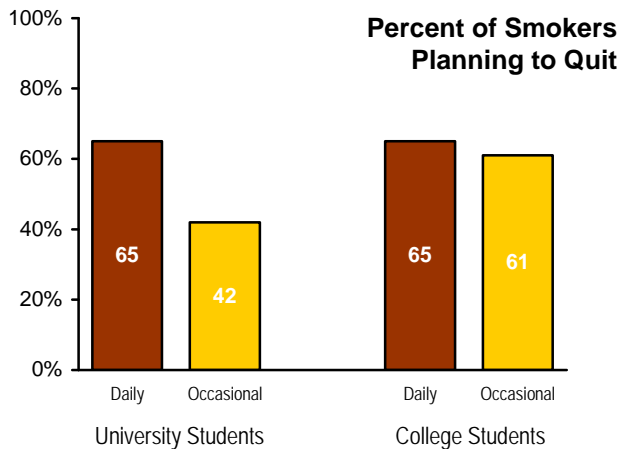
- Survey results from nearly 10,000 Ontario post-secondary students. www.youthvoice.com
- More than 25% of students smoke; and the majority want to quit.
- Helping smokers quit: ways to overcome patient ambivalence or resistance.

Smoking and Quitting on Your Campus

In Ontario last fall (2005), 6,736 university students and 1,737 college students completed an anonymous, on-line questionnaire about their smoking. In both the university and the college samples, students' mean age was 22; twice as many females as males responded; and all years of study were evenly represented.



Overall, 22% of university students and 33% of college students reported smoking at least occasionally in the past 30 days.



Most smokers planned to quit. Among *daily* smokers in university, 16% planned to quit in the next month and another 49% planned to quit in the next 6 months. Among *daily* smokers in college, the values were 17% and 48% respectively.

Helping Students Quit Smoking

The survey showed 34% of university students and 26% of college students had recently visited the campus clinic. *Less than half* of these students said a health professional had asked if they smoke. Among those who *were* asked and who smoke, two-thirds said they were advised to quit.

It is important for health professionals to ask about tobacco use at every patient visit.

Students who use tobacco should always be advised to quit; those who want to quit should be assisted.

Leave The Pack Behind supports campus health professionals' efforts to help students quit. You can give the small orange 'Clinic Package' to patients who smoke. You can also refer patients to LTPB's student-team, or LTPB's interactive website: LeaveThePackBehind.org.

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Assisting Your Patients to Quit

The survey (like other studies of post-secondary students) revealed that most university and college students who smoke want to quit smoking – many within the immediate future. These smokers welcome health professionals’ assistance and support to quit smoking. LTPB’s ‘Clinic Package’ is always appropriate to give to patients who smoke. It includes the ‘SMOKE’ booklet for smokers who are not ready to quit, and the ‘QUIT’ booklet for those preparing or trying to quit. Pharmacological interventions and follow-up appointments are other options to help patients quit.

Two out of three daily smokers want to quit. Be ready to offer advice and support.

Ambivalence about Quitting

Some patients may feel ambivalent about quitting smoking. Helping these patients clarify their own personal reasons for quitting will increase their commitment to quitting. Therapeutic strategies include the following:

- Ask these patients what is holding them back from quitting right now.
- Help them find ways to overcome barriers and define concrete steps towards quitting.
- Encourage patients to book a follow-up visit about their smoking.

Give these patients a LTPB ‘Clinic Package’ – invite them to read the ‘QUIT’ booklet inside.

Resistance to Quitting

Although most smokers want to quit smoking, you may occasionally encounter patients who are not yet ready to hear advice to quit. Help these patients see the personal consequences of their smoking:

- Ask what they *like* about smoking. Acknowledge those feelings.
- Suggest that people can simultaneously like and dislike something; ask if there is anything about smoking they *don’t like*.
- Ask them to tell you more about that dislike.

Give these patients a LTPB ‘Clinic Package’ – invite them to read the ‘SMOKE’ booklet inside.



Contents of a LTPB ‘Clinic Package’

The materials are suitable for **all** students who smoke

1-minute Cessation Intervention

You can make a genuine difference to your young adult patients who smoke. Take 1 minute in every patient visit to make these CDC clinical guidelines part of your standard of patient care.

- 1** ASK every patient about their tobacco use
- 2** ADVISE every smoker to quit smoking
- 3** ASSIST by offering LTPB’s ‘Clinic Package’
- 4** ARRANGE a follow-up visit or make a referral

LTPB offers Continuing Health Education that is accredited by the Canadian Association of Physicians.

To schedule a CHE for your clinic, contact LTPB: 905.688.5550 x.4992

