Decreasing the Smoking Rate at EMMC Family Medicine Center and Residency in Bangor, ME

Alex Coffman
Family Medicine
February 2015
Mentor: Dr. Robin Pritham

*Turn on the Notes Page when viewing this PowerPoint*
Tobacco Problem in the State of Maine

- Maine’s rate of adult current smoking is 20%, which is significantly higher than all other New England states (Connecticut 16%, New Hampshire 17%, Massachusetts 16%, Vermont 17%, and Rhode Island 17%) \(^1\)

- The **national adult smoking rate in the US is 17.8%** (data from 2013) \(^2\)

In Maine, the smoking rate is...
- 43% for adults enrolled in MaineCare \(^3\)
- 40% for adults who make less than $15,000 per year
- 37% for adults who have less than a high school education

---

\(^1\) [Reference]

\(^2\) [Reference]

\(^3\) [Reference]
Tobacco Problem at EMMC Family Medicine Center and Residency

Anecdotal evidence illustrating the tobacco problem in the clinic and the source of inspiration for this project:

- 53 y/o F with a PMHx of a myocardial infarction (MI) four months ago who continues to smoke and presents to the clinic with chest pain
- 4 month old M with a four week history of upper respiratory infection whose mother continues to smoke in the home and patient ends up being transported to the ED
- 46 y/o F with COPD and asthma who presents to the clinic for hospital follow-up for COPD exacerbation and pneumonia who continues to smoke

An intervention is needed to decrease the smoking rate!
Public Health Cost

- An estimated **2,200 Maine adults die each year** from their own smoking.¹
- **Tobacco use kills** more people in Maine than alcohol, drugs, homicides, and suicides combined.²
- **Annual healthcare costs** in Maine caused by smoking are **$811,000,000**.¹
- The estimated **productivity losses** in Maine between 2000 and 2004 attributable to smoking are **$534,231,000**.³
- **Cancer has a larger relative burden on Maine** when compared with most of the nation. A major factor to explain the high rate of lung cancer and some other cancers... is tobacco use.⁴

The **public health costs are likely even greater for this subset of Maine residents** because of the increased smoking rate (results to follow) for this particular patient population compared to the state of Maine as a whole.
Community Perspective

Interview #1: [Name Withheld] LPN, TTS-C, AE-C
-Certified Tobacco Treatment Specialist (10+ years)
-Regional Tobacco Coordinator
-Public Health Educator and Nurse
-Bangor Public Health & Community Services

- Recommended motivational interviewing (MI) as the best intervention for patients in the clinic
- Given the book *Treating Tobacco Use and Dependence: 2008 Update*, which is the “bible” for clinical practice guidelines written by a panel of experts
- Entertained the possibility of hiring a tobacco treatment specialist in the clinic
- Discussed resident training for MI; given information regarding additional training resources
- Enthusiastic to help the clinic
Centricity Search Results

Search Criteria in Centricity:
- Age > 16 years old
- Patients seen between 8/01/2014 - 2/24/2015

Results:
- Smoking rate = 32.6%
- Approximately 50% of all patient visits are with patients who have MaineCare
- 35.7% of current smokers declined all assistance for tobacco cessation
- Only 4.6% of current smokers have motivational interviewing documented in chart
## Motivational Interviewing Survey

**Feb 25, 2015 Block Conference**

Check one:

- Attending Physician
- Resident
- Student
- Other  

Circle one answer based on how you feel regarding each of the following statements/questions:

1. Tobacco use is a large problem with the patient population at EMMC Family Medicine Center and Residency.
   - Strongly agree
   - Agree
   - Neutral
   - Disagree
   - Strongly disagree

2. Motivational interviewing is an effective tool to promote tobacco cessation.
   - Strongly agree
   - Agree
   - Neutral
   - Disagree
   - Strongly disagree

3. How often do you use motivational interviewing with patients that are current smokers?
   - Always
   - Almost always
   - Sometimes
   - Almost never
   - Never

4. How often do you document motivational interviewing under the tobacco interventions tab in Centricity?
   - Always
   - Almost always
   - Sometimes
   - Almost never
   - Never

5. I have received adequate education and training regarding motivational interviewing and am confident in my skills.
   - Strongly agree
   - Agree
   - Neutral
   - Disagree
   - Strongly disagree
References

References