INCREASING TOBACCO USE CESSATION

By Megan Anderson, RN Patient Educator

The Sonoma County Indian Health Project, Inc. clinic has made great strides in increasing its tobacco cessation services.

With funds from the CTCCCP grant, we were able to send the RN Patient Educator to the Rocky Mountain Tobacco Treatment Specialist (RMTTS) Training Program with the Behavioral Health & Wellness Program at the University of Colorado Anschutz Medical Campus. This training provided the Patient Educator with essential information and skills to successfully create and implement a Tobacco Cessation Clinic.

Tobacco Cessation Clinic is offered to patients Tuesdays and Thursdays. Patients are referred to the Clinic by self-referral, the providers, or medical staff.

Patients receive one-on-one tobacco cessation counseling using evidence-based practices and multi-component cessation interventions.

These include outside referrals to 1-800-NO-BUTTS, support groups, nicotine replacement therapy including instructions on proper use, alternative medication options, motivational interviewing, relaxation techniques, coping strategies, and learning the basics of withdrawal symptoms.

Although the program has only been in operation for a short period of time the roster of patients continues to grow each week.

Providers and staff have been proactive in screening patients and sending referrals to the Tobacco Treatment Specialist.

The feedback from patients thus far has been positive and this will help to increase our patient roster, which is our short-term goal.

Current Measures

Native Americans have among the highest incidence of commercial tobacco use. Sonoma County Indian Health Project’s patient incidence of commercial tobacco is 15.09%, which is significantly lower than the national average of 26%. However, this is still a significant number of patients and we felt that a Tobacco Cessation Program would be beneficial to our clinic and patient population.

Future Goals

Our long term goals are to decrease the overall total percentage of our patients that use commercial tobacco, therefore increasing the overall health among our community.