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COMMUNITY PHARMACY FOUNDATION
COMPLETED GRANT SYNOPSIS

Dejar De Fumar Hoy (Quit Smoking Now)

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Objectives

- 1) To develop culturally appropriate smoking cessation interventions to be utilized in a community pharmacy setting
- 2) To determine the willingness of Latino smokers to use pharmacotherapy as part of their smoking cessation plan

Methods

Design	<ul style="list-style-type: none"> ➤ Latino patients (>18 yo) were invited to participate. ➤ Session Schedule and Content: <ul style="list-style-type: none"> • Session 1 (Day 0) – Informed consent, questionnaire, “Reasons to quit” • Session 2 (Day 10) – “Preparing for Quit Day” • Session 3 (Day 20) – “Avoiding triggers” • Session 4 (Day 30) – “Relapse prevention” • Follow-up (Day 60) – Survey, saliva cotinine test ➤ The National Cancer Institute’s <i>No Lo Deja para Mañana, Deje de Fumar Hoy</i> (Don’t Wait for Tomorrow, Quit Smoking Now) was used as a guide for all sessions. ➤ Patients were given two choices for reimbursement. Patients received these free items for the duration of the program. <ol style="list-style-type: none"> 1) Pharmacotherapy: varenicline, bupropion, or nicotine replacement therapy gum or patches 2) Quit kits: included items such as snacks, gum, toothpicks, straws, stress ball, and air fresheners ➤ A follow-up survey was administered one month after the final session. It included the participant’s satisfaction with the smoking cessation program. As a part of this follow-up, patients reported their current smoking status. This self-report was verified by a biochemical test of saliva concentrations of cotinine, a major metabolite of nicotine.
Study endpoints	<ul style="list-style-type: none"> ➤ Previous use of smoking cessation pharmacotherapy ➤ Interest in using smoking cessation pharmacotherapy ➤ Understanding of currently available smoking cessation pharmacotherapy products ➤ Participant satisfaction with smoking cessation program

Results

- Thirty-seven participants enrolled in this program. The average age of participants was 38 years old (range of 22-62 years). Most (n=32) had lived in the United States for five years or more.
- Participants with a previous quit attempt without using pharmacotherapy: 19 (51.4%)
- Participants not familiar with “medications that can help people quit smoking”: 10 (27.0%)

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- Participants interested in using pharmacotherapy to help them quit smoking: 35 (94.6%)
- Participants without a regular doctor that they see in Iowa: 22 (59.5%)
- All seven smokers who completed the program agreed that “the program was designed with an understanding of the Latino culture” and “it was easy to understand my quit smoking plan.”
- Of the seven participants who completed the program, six were smoke-free at the follow-up according to the biochemical testing.

Conclusion

Community pharmacists can play a role in providing smoking cessation services to the Latino population, especially in cases when the smoker may not have an established relationship with a physician. Over one-quarter of participants were not familiar with pharmacotherapy for smoking cessation, which can be another opportunity for pharmacists to intervene.