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Success Rate of a Pharmacist-Managed Smoking Cessation Program

Heather Free, PharmD
University of Maryland, School of Pharmacy

Objectives	
1) Assess the effectiveness of a pharmacist managed smoking cessation program on patients' ability to remain smoke-free after quitting	
2) To assess patients' knowledge about smoking consequences and treatment	
Methods	
Design	Single center, prospective, pilot study conducted at the CVS Health Connection of CVS/pharmacy in Washington, DC.
Intervention	Patients scheduled appointments with the pharmacy resident for a total of six appointments and follow-up over a 14-week period. The resident provided education, behavior modifications, and clinical assessment for each patient. Monitoring parameters assessed at every visit. Every patient received behavioral modifications, with possible utilization of pharmacotherapy.
Inclusion Criteria	<ul style="list-style-type: none"> • Age \geq 18 years of age • Smokes at least ½ pack (10 cigarettes) or more per day for at least 6 months
Exclusion Criteria	<ul style="list-style-type: none"> • Pregnancy/breast feeding • History of alcohol dependency/substance abuse within the past year • Smokeless tobacco user • Subjects who have participated within the last month in any form of behavioral or pharmacological smoking cessation program
Study endpoints	<ul style="list-style-type: none"> • Abstinence (percent after 3 months) • Relapse rate (percent after 3 months) • Change in quality of life (SF-12 form) • Change in patient knowledge (tobacco IQ test) • Patient satisfaction with program (survey)
Results	
<ul style="list-style-type: none"> • No significant difference from baseline to completion of the program in monitoring parameters. • Patient education test scores improved from 71% to 96% at the end of the program • Per self-reporting, three out of five patients were abstinent at the three-month follow-up from quit date. 	
Conclusion	
<p>Although patient enrollment was low due to readiness to quit, the patient satisfaction surveys indicated a community pharmacy setting is an accessible place for patients to attend a smoking cessation program. Furthermore, pharmacists have the ability to address smoking status and to help motivate patients to be smoke free.</p>	

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