



The Role of Pharmacist in Smoking Cessation

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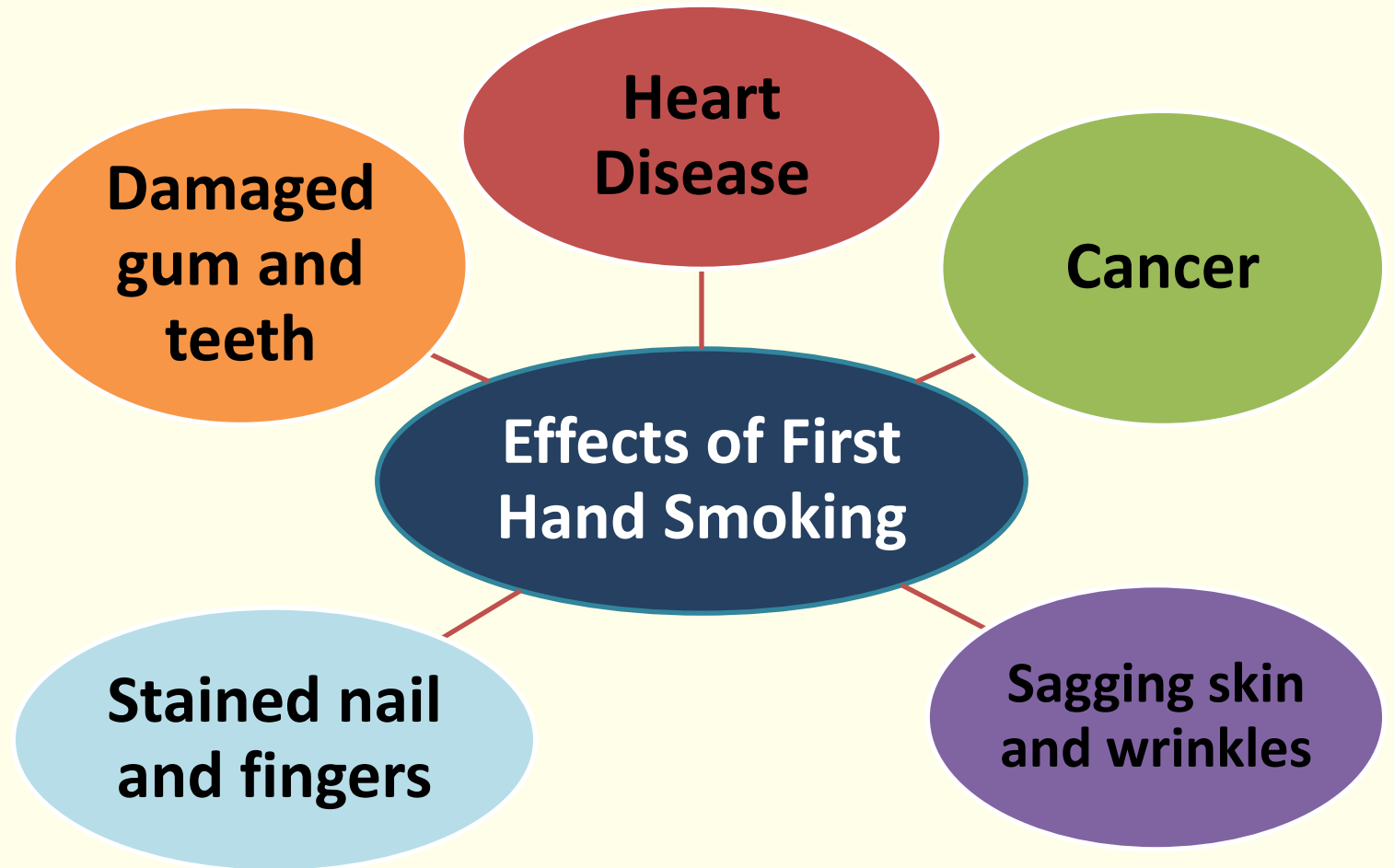
OBJECTIVES:

- ✓ List the causes to stop smoking.
- ✓ Highlight the pharmacist's role in smoking cessation.
- ✓ Describe the 5 As for smoking cessation.
- ✓ Outline the 5 Rs for smoking cessation.

INTRODUCTION

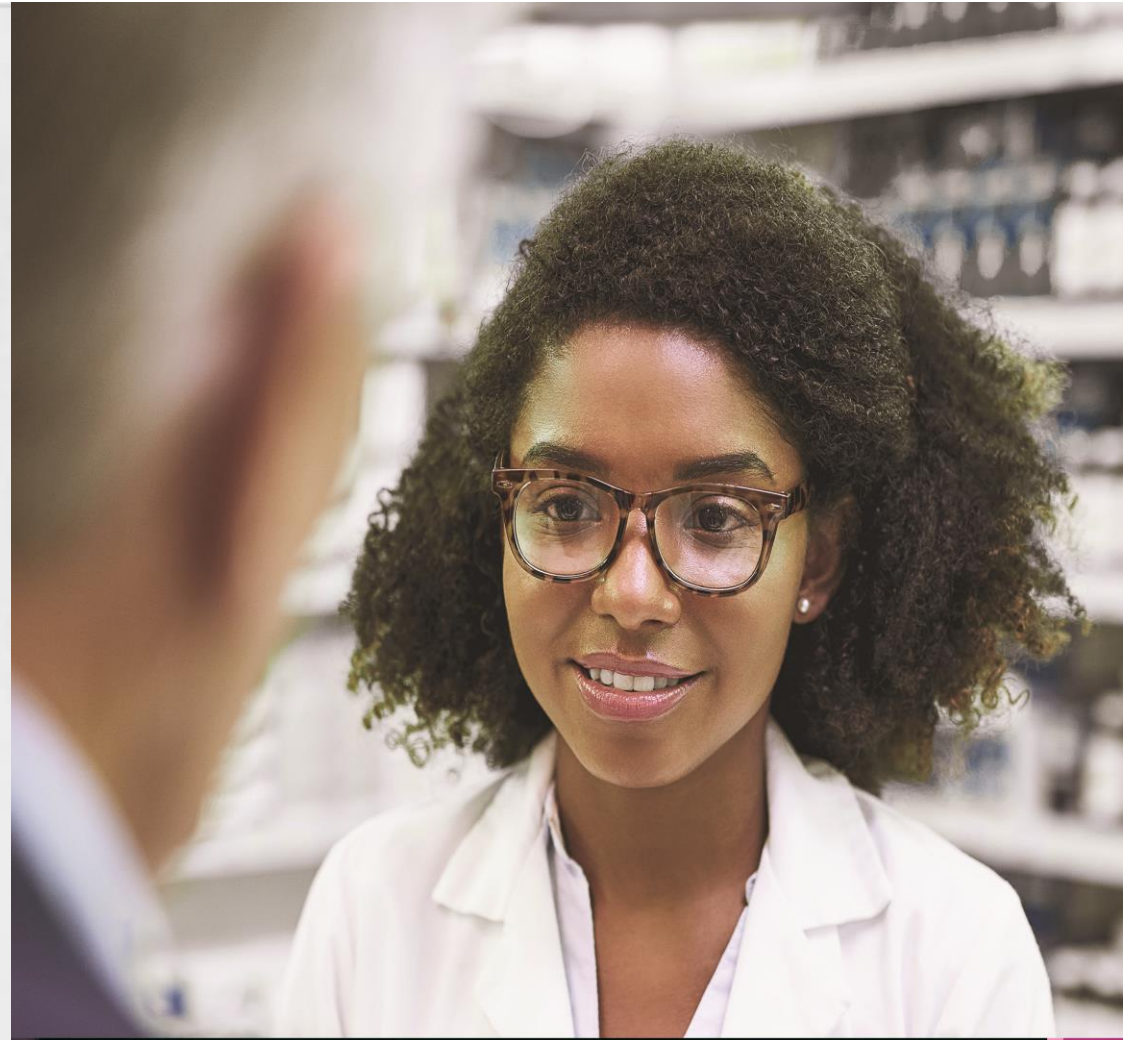
- ✓ **Smoking causes a slow, and painful death.**
- ✓ **It kills >6 million person each year, and \approx 890,000 death are the result of passive smoking.**
- ✓ **Every 3 young smokers, only 1 will quit, and 1 of those remaining smokers will die from tobacco-related causes**

WHY YOU NEED TO STOP SMOKING?



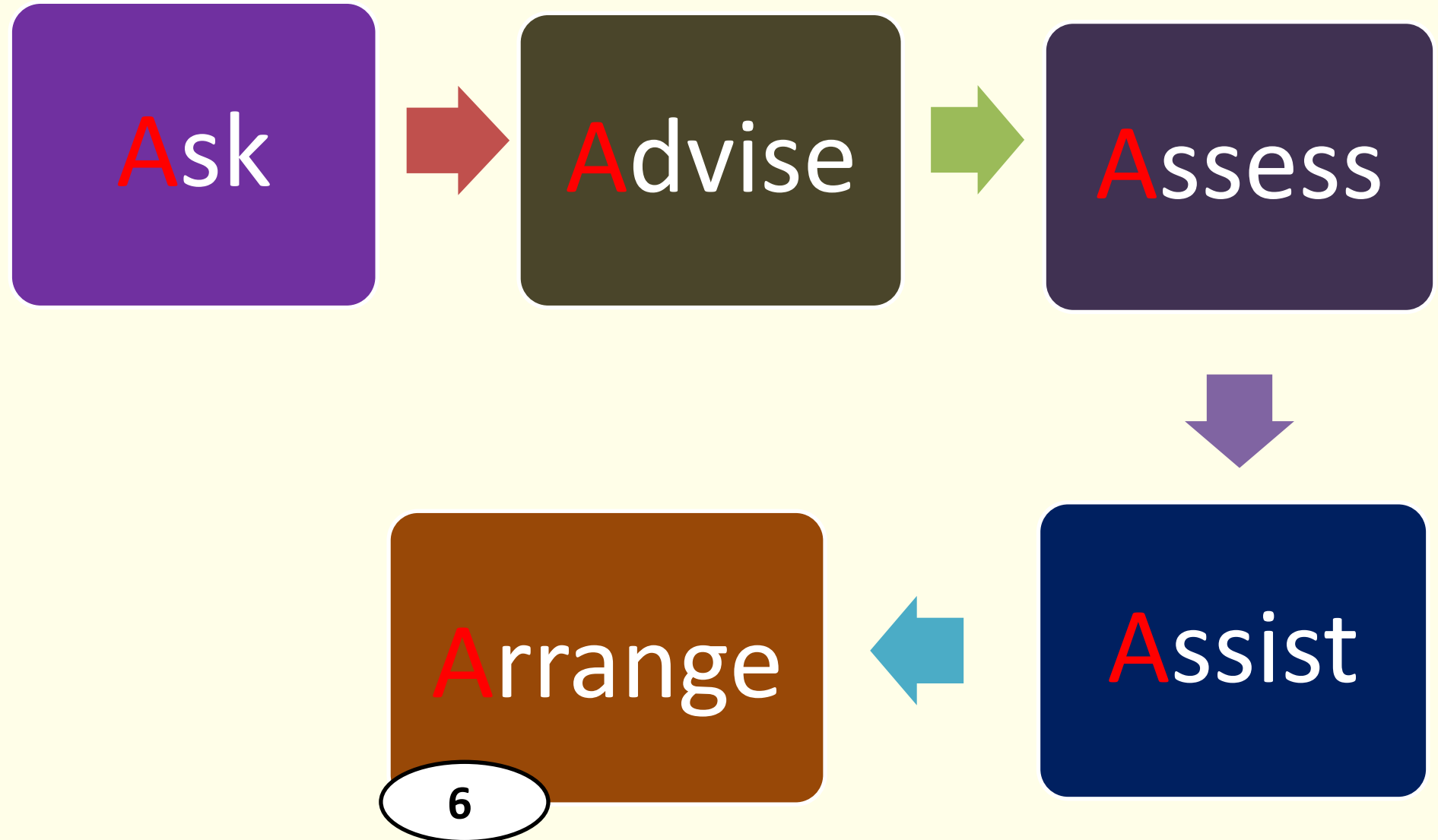
How can the pharmacist help in smoking cessation?

The pharmacist does not just advise the smoker to stop and tell the danger of smoking. But the pharmacist should follow special strategies which are the 5As and the 5Rs.



- ✓ The **5As** are used for smoker who decides to stop smoking.
- ✓ The **5Rs** are used for convincing of smokers to stop smoking.

THE 5A'S



ASK

Ask the patient about current and past tobacco use as following:

- ✓ What types of tobacco products do you use?
- ✓ How many cigarettes do you smoke each day?
- ✓ At what time of the day do you start smoking?
- ✓ What are your triggers for smoking?
- ✓ Have you tried quitting before, and how it worked.

ADVISE

Advise the patient to quit by telling them the benefits of stopping and the risks of smoking.



ASSESS

- For patients who have never tried smoking cessation assess the patient's willingness to quit:

How would you describe your interest in quitting smoking at this time?

- For patients who have previously tried smoking cessation therapy and failed assess what went wrong.

If you would like, we can discuss some ways that can help improve treatment adherence

- For patients who are currently being treated, assess how their current therapy is working for them.

“How is your current therapy working for you?”

“In what ways have you noticed a positive change in your life since quitting?”

ASSISST



- For patients who are ready to quit smoking, assist them with selecting the appropriate treatment or medication plan.
- For patients who are unwilling to quit right now, the assistance will be by letting the patient know they have an emotional support partner in this difficult process.

ARRANGE

It's important to
arrange a follow up.



THE 5R'S

Relevance

Risks

Rewards

Roadblocks

Repetition

REVELANCE



Patients are more likely to quit smoking if they can make the connection between smoking and their health, family, disease status, and other characteristics.

RISKS



Risks associated with smoking is a valuable information to share with patients.

REWARDS

Tell the patient more about the benefit of cessation such as saving money, smelling better, feeling better, aging better, and having whiter teeth. Other benefits include improved taste, sense of smell, and a healthier environment.



ROADBLOCKS

When you know what is hindering the patient from quitting this will help select proper treatment for patients who may need medication.



Repetition

At each meeting with the unwilling patient, the “5 R’s” should be discussed to determine the patient’s readiness and willingness to quit.



Is the role of pharmacist in quit smoking effective?



A study has been published in 2016 at American pharmacist associate journal to find out the smoking quit rates among patients who were received pharmacist-provided pharmacotherapy and telephonic smoking cessation counseling in a smoking cessation program supported by the University of Arizona College of Pharmacy Medication Management Center.

36% of the participants reported results at 7-month follow-up; of these, 51% were smoking free.



18% of the participants reported results at 13-month follow-up; of these, 55% reported being smoking free.



ELSEVIER

Contents lists available at ScienceDirect

Journal of the American Pharmacists Association

journal homepage: www.japha.org

APhA

RESEARCH

Smoking quit rates among patients receiving pharmacist-provided pharmacotherapy and telephonic smoking cessation counseling

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ARTICLE INFO

Article history:

Accepted 13 November 2015

ABSTRACT

Objectives: Tobacco use is the nation's leading cause of preventable illness and death, causing a significant burden on the health care system. Many cessation pharmacotherapy treatment options are available to help smokers quit, including nicotine replacement therapies (NRTs) and prescription medications. Research indicates that pharmacists are able to provide a positive benefit to smokers who want to quit through pharmacologic and nonpharmacologic interventions. The aim of the present work was to examine the quit rates among participants who received smoking cessation pharmacotherapy and pharmacist-provided telephone-based quit counseling services.

Design: Retrospective database review of enrolled participants.

Setting: Telephone-based pharmacotherapy and medication counseling services offered from a medication management center.

Participants: State employees who voluntarily contacted a medication management center for smoking cessation services after receiving promotional flyers.

CONCLUSION

Pharmacists play a very important role in smoking cessation. Not only do they prescribe medications to the patient, but they also provide mental help by arranging meetings to advise the patient and help them get through this process



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Jill M. Augustine* , Ann M. Taylor, Martin Pelger, Danielle Schiefer, Terri L. Warholak. 2016. Smoking quit rates among patients receiving pharmacist-provided pharmacotherapy and telephonic smoking cessation counseling, *Journal of the American Pharmacists Association*, pp. 129-136

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For Your Attention*

