

The ER docs said 'stop smoking,' and they did

May 1 2015

An intervention in the emergency department designed to encourage tobacco cessation in smokers appears to be effective. Two and a half times more patients in the intervention group were tobacco-free three months after receiving interventions than those who did not receive the interventions, according to a study published online Friday in *Annals of Emergency Medicine*.

"Because approximately 20 million smokers visit emergency departments annually, this intervention has the potential to greatly reduce tobacco use among our patients," said lead study author Steven L. Bernstein, MD, of the Yale School of Medicine in New Haven, Conn. "Given that cigarette smoking is the leading cause of preventable death and illness in the United States, anything we can do to discourage smoking has value. The need is particularly acute in low-income populations like those we studied."

Researchers enrolled 778 patients who identified as smokers. They provided motivational interviewing, nicotine replacement and quitline referral for 386 of the patients. After three months, 12.2 percent of those patients were tobacco-free. Of the control group, only 4.9 percent were tobacco-free. The three-month abstinence rate was biochemically verified. At one year, abstinence rates were statistically significant as well for the [intervention group](#), at least according to self-reported rates.

"While a busy [emergency department](#) may not welcome the additional responsibility of [tobacco-cessation](#) counseling, sometimes we have to

meet our patients where they are," said Dr. Bernstein. "Future research should focus on longer-term interventions, as well as mobile health technologies, such as texting."

More information: "Successful Tobacco Dependence Treatment in Low-Income Emergency Department Patients: A Randomized Trial", *Annals of Emergency Medicine*, [www.annemergmed.com/article/S0... \(15\)00284-X/fulltext](http://www.annemergmed.com/article/S0166-6222(15)00284-X/fulltext)

Provided by American College of Emergency Physicians

Citation: The ER docs said 'stop smoking,' and they did (2015, May 1) retrieved 28 April 2024 from <https://medicalxpress.com/news/2015-05-er-docs.html>

| |
|--|
| <p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p> |
|--|