



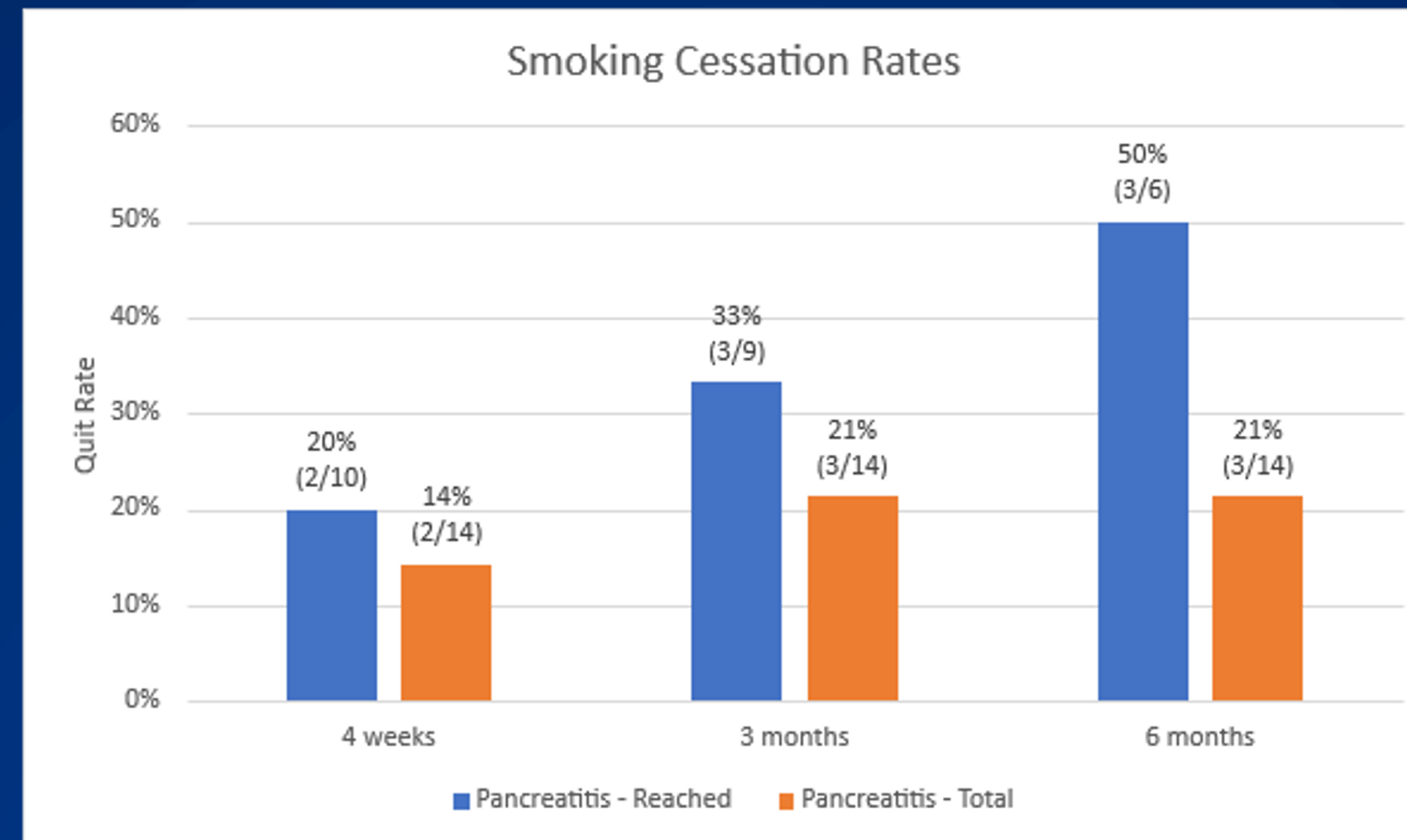
## Introduction:

- Smoking is a known risk factor for acute and chronic pancreatitis. Smoking cessation in ambulatory patients with pancreatitis is challenging. Helping pancreatitis patients quit smoking could improve their overall health and may reduce further pancreatic injury.
- The purpose of this pilot is to explore whether an inpatient based smoking cessation program can help hospitalized pancreatitis patients quit smoking.

## Methods:

- An inpatient counseling team composed of residents and medical students screened pancreatitis patients admitted to Strong Memorial Hospital.
- Enrolling patients received 2 bedside counseling sessions and were encouraged to start cessation medications before discharge.
- After discharge, patients were offered 2 treatment calls from the New York State Quitline.
- 2 additional treatment calls from a medical student counselor were conducted.
- Smoking outcomes were assessed by calls at 4 weeks, 3 months, and 6 months.
- These methods were adapted from the Rochester Model (RM) smoking cessation program.

**Figure 1:**



## Results:

- 45 eligible patients were screened between 7/21/20-12/6/20. 19 patients enrolled and were followed for 6 months. 6 patients completed our counseling and follow up calls.
- The outcomes of RM smoking cessation for pancreatitis are shown in **Figure 1**.
- The smoking cessation rates for those patients reached (*as treated*) for followup are 20%, 33.3%, and 50% at 4 weeks, 3 months, and 6 months, respectively.
- The total cohort (*intention-to-treat*) had smoking cessation rates of 14%, 21%, and 21%, respectively.
- Patients who enrolled but did not quit smoking (n=4) showed a 49% average reduction in cigarette usage.
- The 6 month cessation rate for patients reached increased due the smaller number that could be contacted.

## Discussion

- Ambulatory smoking programs for pancreatitis patients report abysmal success rates.
- Our pilot program targeting pancreatitis patients while hospitalized is a new approach to providing intensive smoking cessation therapy.
- Using medical students as inpatient and telephone counselors is an innovation that could be adapted to other academic medical institutions.
- Though the statistical power is lacking, the pilot data suggest that significant quit rates can be achieved.
- Focusing on this patient demographic is important to improve the overall health of pancreatitis patients and to prevent the progression to pancreatic cancer.

## Conclusions:

- Inpatient smoking cessation programs for hospitalized patients with pancreatitis can achieve promising quit rates.
- Our pilot program efficiently counsels patients with the novel use of medical students, thus reducing burden on healthcare providers while providing a high quality of care.

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