

University of Arizona

Increased Utilization of Quitline Services with Pharmacist Assistance in Integrated Health Settings

FINAL SUMMARY

The ASHLine investigators dedicated to this project made substantial progress on the scope of work, as revised in October 2014. From the beginning, the project aims were to improve cessation rates and reduce adverse medication interactions among tobacco users who report having a mental health condition (MHC). We targeted this group of tobacco users for several reasons including documented high rates of smoking and tobacco-related mortality, dearth of available health education, and complex healthcare issues due to managing multiple health conditions. Consistent with the revised scope of work, we designed, developed and beta-tested several professional-grade multi-media educational materials for tobacco users with a MHC. The package of finished products submitted with this report includes three animated video clips (each 1.5 minutes) and six client handout documents. Three of the handouts use the same characters that are featured in the videos to reinforce messaging using two different media sources. Additionally, we developed two checklist documents to help clients ask appropriate questions and receive guidance from their healthcare providers about mental health medications and nicotine replacement therapy. All of the handouts were designed as PDF documents that may be downloaded from the Arizona Smokers' Helpine (ASHLine) website. We used professional printing to make copies of the handouts to distribute to ASHLine clients in healthcare provider service settings.

We are currently in the process of implementing a comprehensive dissemination plan for all the materials. The three videos and three of the related client handouts are currently posted to the homepage of the ASHLine website (<http://www.ashline.org/>). In addition, the tobacco cessation coaches have access to the materials and may email or direct mail handouts to enrolled clients, as needed. Additional dissemination activities include sharing the materials with the North American Quitline Consortium and presenting the materials at professional meetings targeting tobacco cessation, public health, and mental health researchers and practitioners. We will also request that other websites, such as our state tobacco control program, add links to our materials. The dissemination plan will increase the number of people affected by the project as well as contribute to improvements in ASHLine procedures, particularly how coaches assist clients with a MHC quit tobacco.

FINAL PRODUCTS

The titles of the videos posted to ASHLine's website are provided below.

- Working with a Quit Coach
- Effects of Smoking on Mental Health and Medications
- Coping with Cravings

The titles of the 6 client handouts are provided below.

- Working with a Quit Coach (on ASHLine website)
- Effects of Smoking on Mental Health Medications (on ASHLine website)
- Coping with Cravings (on ASHLine website)

- Checklist of Questions to Ask Healthcare Provider: How May Quitting Tobacco Affect Your Mental Health Medications?
- Checklist of Questions to Ask Healthcare Provider: How May You Use Nicotine Replacement Therapies to Quit Tobacco?
- Mental Health and Quitting Tobacco