



PARTNERSHIP IDENTIFIES OPPORTUNITIES FOR OCCUPATIONAL HEALTH NURSES TO ADDRESS TOBACCO USE

OUR COLLABORATION

Legacy and AAOHN developed a partnership in the summer of 2012 with two primary goals. First, Legacy and AAOHN would develop a survey together that would assess such topics as the smoking behavior of its members, the availability of smoking cessation resources to offer workers, and smoking cessation training, among other smoking related topics. Second, Legacy would offer **BecomeAnEX.org**, a free quit smoking program that helps adult smokers re-learn life without cigarettes, to AAOHN members as a resource for themselves and for their workers. In this report, workers refer to the nurses' patients.

WHY SMOKING?

An occupational health nurse's scope of work is broad and the nursing profession in general is the largest constituent of healthcare providers.¹ Therefore, occupational health nurses can play an important role in reducing tobacco use. Unfortunately, data are limited on the attitudes and beliefs of occupational health nurses on smoking cessation in the workplace, smoking cessation resources available to provide to patients, as well as smoking policies in their place of employment.

ABOUT THE SURVEY

A web-based survey was developed during summer 2012 by a task force that included AAOHN members and Legacy researchers. Current members of AAOHN who were aged 18 and over ($n \approx 5,200$) were invited to participate in a 15-minute survey. Members were contacted four times via an e-mail invitation with a link to the survey. The AAOHN monthly newsletter also contained a link to the survey. A total of 602 members completed the survey (response rate=11.6%) between October 25, 2012 to November 21, 2012.

HIGHLIGHTS FROM THE SURVEY

Smoking Attitudes and Beliefs

- Most respondents felt that nurses should play a role in providing smoking cessation services to their workers and most believe that they should be trained to provide smoking cessation education (81.5%) to workers. However, about 40% of respondents agree that they have competing priorities and do not have time to help workers quit smoking.
- Of the respondents who said that they have NOT ever had any training in smoking cessation (51.9%), most said that they would be interested in receiving training (65.1%).

- While only 37.6% of respondents have heard of an Internet service to help people quit smoking, most respondents who have heard of such a service (76.1%) have referred workers to it.

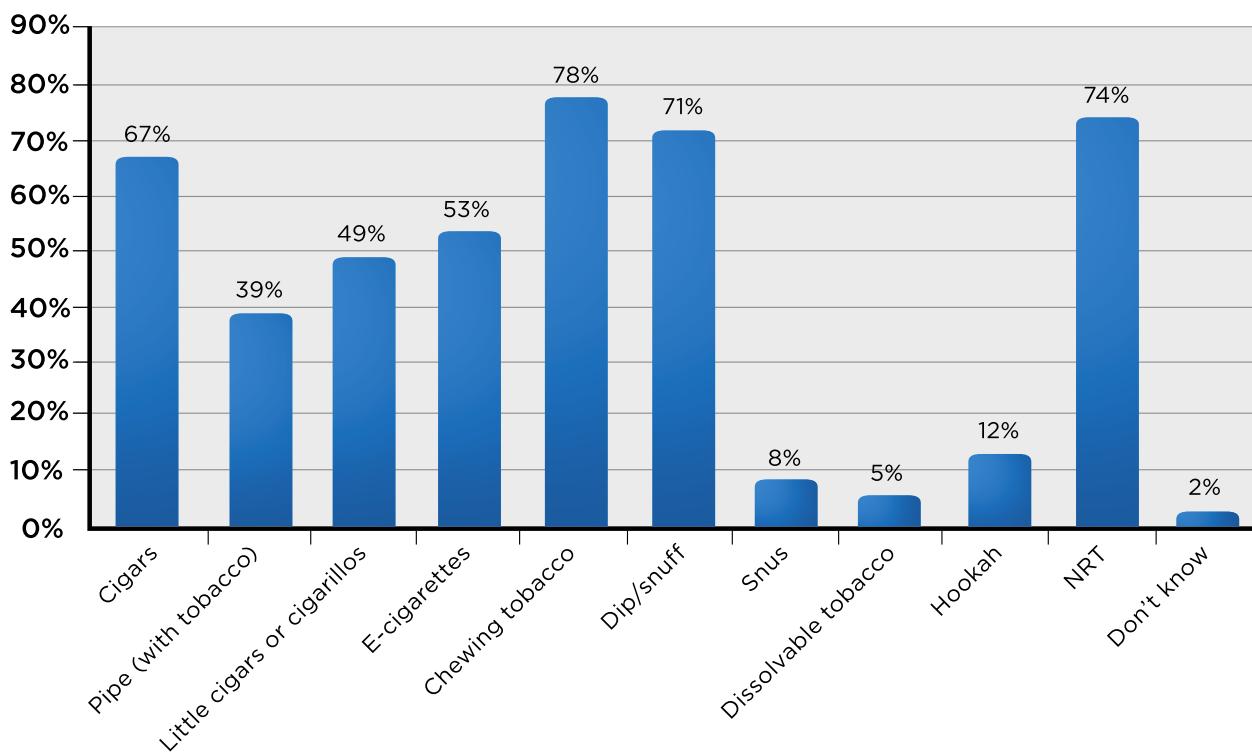
Smoking Policies and Smoking Cessation Training

- Most respondents said that smoking is allowed only outside of the workplace (52.4%) or not at all in the workplace (51.3%).*
- Approximately 27% of respondents indicated that their practice setting has guidelines or procedures to prompt them to conduct smoking cessation counseling, and only about 36% of respondents have heard of the United States Public Health Service’s “Clinical Practice Guidelines: Treating Tobacco Use and Dependence, 2000, Updated in 2008.”

Alternative Tobacco Products

- From what nurses have observed, chewing tobacco, dip/snuff and nicotine replacement therapy (NRT) are the most commonly used non-cigarette, tobacco/nicotine products among workers. Awareness of the use of these non-cigarette tobacco products is especially important since they have the potential to become a large part of the U.S. tobacco market, given the increasing restrictions on cigarettes.²⁻⁴ Additionally, use of some of these products has increased in recent years. For example, while cigarette consumption decreased, use of loose tobacco and cigars increased by approximately 123% from 2000 to 2011.⁵ The graph below shows the percentage of nurses who have encountered workers who use the non-cigarette tobacco/nicotine products listed.*

WHICH PRODUCTS HAVE YOU FOUND WORKERS USE?



*Respondents could endorse more than one response

Smoking Behavior Among Nurses

- A total of 68% of respondents were never smokers, while 28% of respondents were former smokers. Only 2% of respondents were every day smokers and 1% of respondents were occasional smokers.
- Among those who were former smokers, most quit more than 10 years ago (78%) and most quit “cold turkey” during their final quit attempt (80.6%).

Future Directions

- Legacy is making available **BecomeAnEX.org**, a free, online smoking cessation program that helps adults re-learn life without cigarettes, as a resource for AAOHN members to use for themselves and their patients. Legacy and AAOHN are also working together to develop other educational opportunities including a toolkit that will provide resources for occupational health nurses to help their workers quit smoking.

¹Halcomb KA. Smoke-free nurses: leading by example. *AAOHN J.* May 2005;53(5):209-212.

²Centers for Disease Control and Prevention. Smoking restrictions in large-hub airports—United States, 2002 and 2010. *MMWR.* November 19, 2010 2010;59(45):1484-1487.

³Centers for Disease Control and Prevention. State smoke-free laws for worksites, restaurants, and bars—United States, 2000-2010. *MMWR.* 2011;60(15):472-475.

⁴Centers for Disease Control and Prevention. Comprehensive smoke-free laws—50 largest U.S. cities, 2000 and 2012. *MMWR.* November 16, 2012 2012;61(45):914-917.

⁵Centers for Disease Control and Prevention. Consumption of cigarettes and combustible tobacco - United States, 2000-2011. *MMWR Morb Mortal Wkly Rep.* 2012;61(30):565-569.



The American Association of Occupational Health Nurses, Inc. is the primary association for the largest group of health care professionals serving the workplace. The vision of the organization is that work and workplace community environments will be healthy and safe. The mission is to ensure that occupational and environmental health nurses are seen as the authority on health, safety, productivity and disability management for worker populations. AAOHN achieves its mission through the following activities:

- Advancing the profession by offering a number of innovative professional and leadership development, networking, and career opportunities.
- Protecting the profession by advocating for legislation, regulations and public policy that positively impact occupational and environmental health nursing.
- Promoting the profession through a marketing and public relations campaign that emphasizes the value of occupational and environmental health nurses to employers, employees, government, alliance organizations and other important groups.
- Guiding the profession by providing a number of products and services to address the distinct roles that occupational and environmental health nurses fill in business.

For more information about AAOHN, please visit aaohn.org



Legacy is a national public health non-profit helping people live longer, healthier lives through tobacco prevention and cessation. Legacy's programs include **truth**®, a national anti-youth smoking campaign that has been cited as contributing to significant declines in youth smoking, and **EX**®, an innovative campaign designed to change the way smokers approach quitting. Other efforts include research initiatives exploring the causes, consequences and approaches to reducing tobacco use; technical assistance and training; partnerships and youth activism. Legacy was created as a result of the November 1998 Master Settlement Agreement reached between attorneys general from 46 states, the District of Columbia, five U.S. territories, and the tobacco industry.

For more information about Legacy, please visit legacyforhealth.org