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THE DEVELOPMENT AND IMPLEMENTATION OF A PHARMACIST RUN SMOKING CESSATION

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Cigarette smoking has been identified as the most important source of preventable morbidity and premature mortality worldwide in addition to having detrimental effects on our health care system for a multitude of reasons. Although California has one of the lowest smoking rates in the nation, 13.3% of people continue to smoke. This study included employees at St. Josephs Medical Center who were self-referred to take part in a pharmacist run smoking cessation program. Patients met with a pharmacist for an hour to discuss smoking history, previous quit attempts, behavior change strategies, nicotine replacement therapy and potential challenges. Nicotine patches were provided to employees who desired them (n=8). Patients were contacted on their quit date and periodically thereafter to provide continual support and guidance. On review of the ten enrolled patients, 70% had remained smoke-free since initial consultation (mean= 71 days). Two patients did not feel that they were ready to quit when their quit day arrived, and one quit only temporarily. Patients may benefit from attending a pharmacist run smoking cessation program due to structured counseling, patient-follow up, behavior change strategies, improved use of nicotine replacement therapies and other pharmacotherapy strategies. Full results will be discussed.