

OPHSA

Office for Prevention and Health Services Assessment



Survey of DoD Tobacco Cessation Programs

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Health Psychology Consultant*

Presented to:
Date:



Background

- September, 1999
 - DoD working group met to develop draft Tricare benefit for tobacco cessation
 - Civilian subject matter experts identified core components recommended for inclusion in all tobacco cessation programs
- November, 1999
 - Survey sent out to tobacco cessation POCs through each service



Objectives of Survey

- Describe current DoD tobacco cessation programs
- Determine to what extent programs are currently implementing core components recommended by experts
- Assess whether program coordinators desire assistance in implementation of recommended core components
- Conclusions and Recommendations



Method

- Survey developed at OPHSA
- Survey distributed to tobacco cessation program coordinators
- Total DoD Sample (n=128) :
 - 63% Response Rate
- Response Rates:
 - US Army: 29.4% (25/85)
 - US Navy: 75% (30/40)
 - US Air Force: 92.4% (73/79)



Presentation of Results

- Results presented for:
 - Total DoD Sample
 - US Navy
- Comparisons of programs across services will not yield meaningful interpretations due to study design and unequal response rates
- Conclusions and recommendations based on total DoD sample only



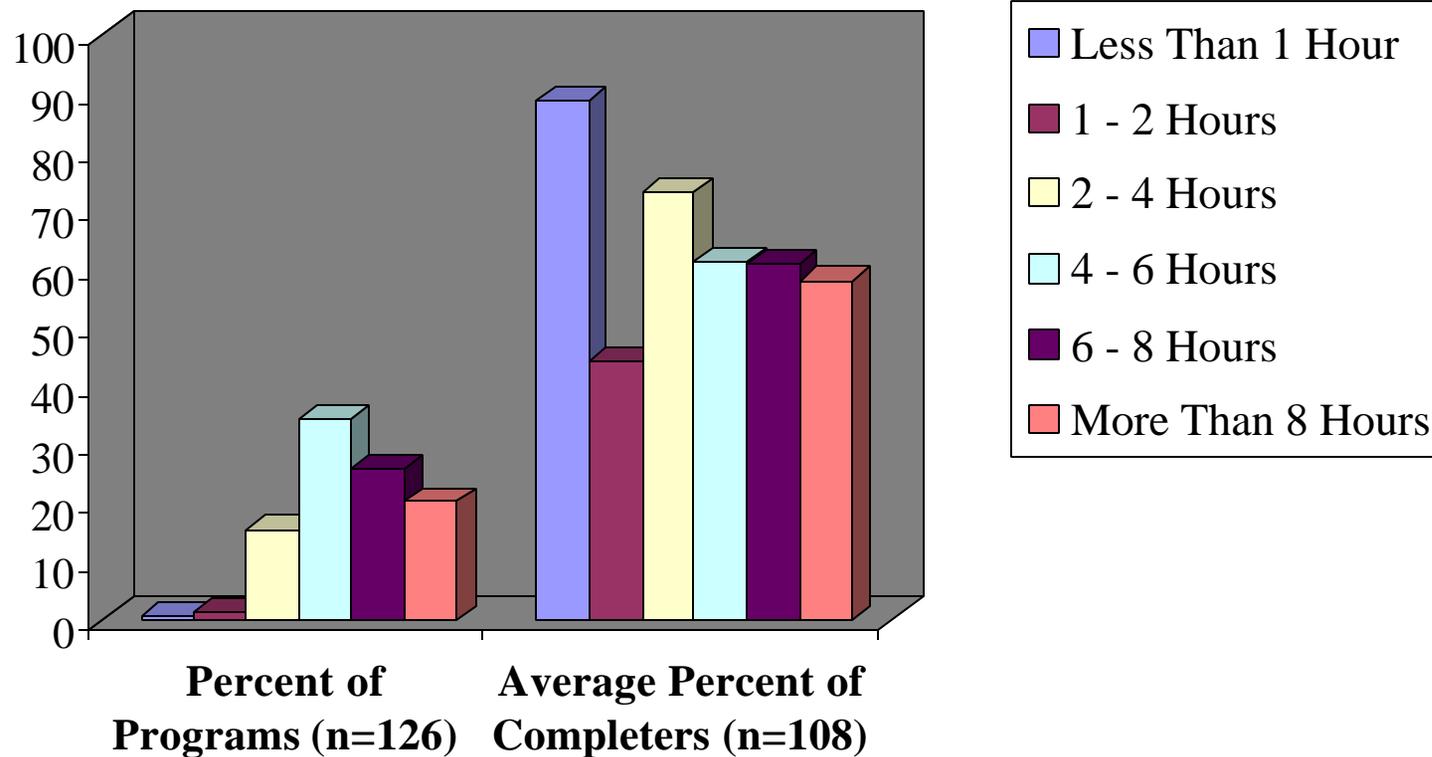
Presentation of Results



- Description of Current Programs in Each Service
 - Duration of program
 - Completion rates
 - Facilitator training
 - Types of facilitators
 - Eligible populations
 - Locations of programs
 - Use of pharmacotherapy
- Implementation of Core Components
 - Infrastructure
 - Assessment
 - Behavioral treatment
 - Evaluation

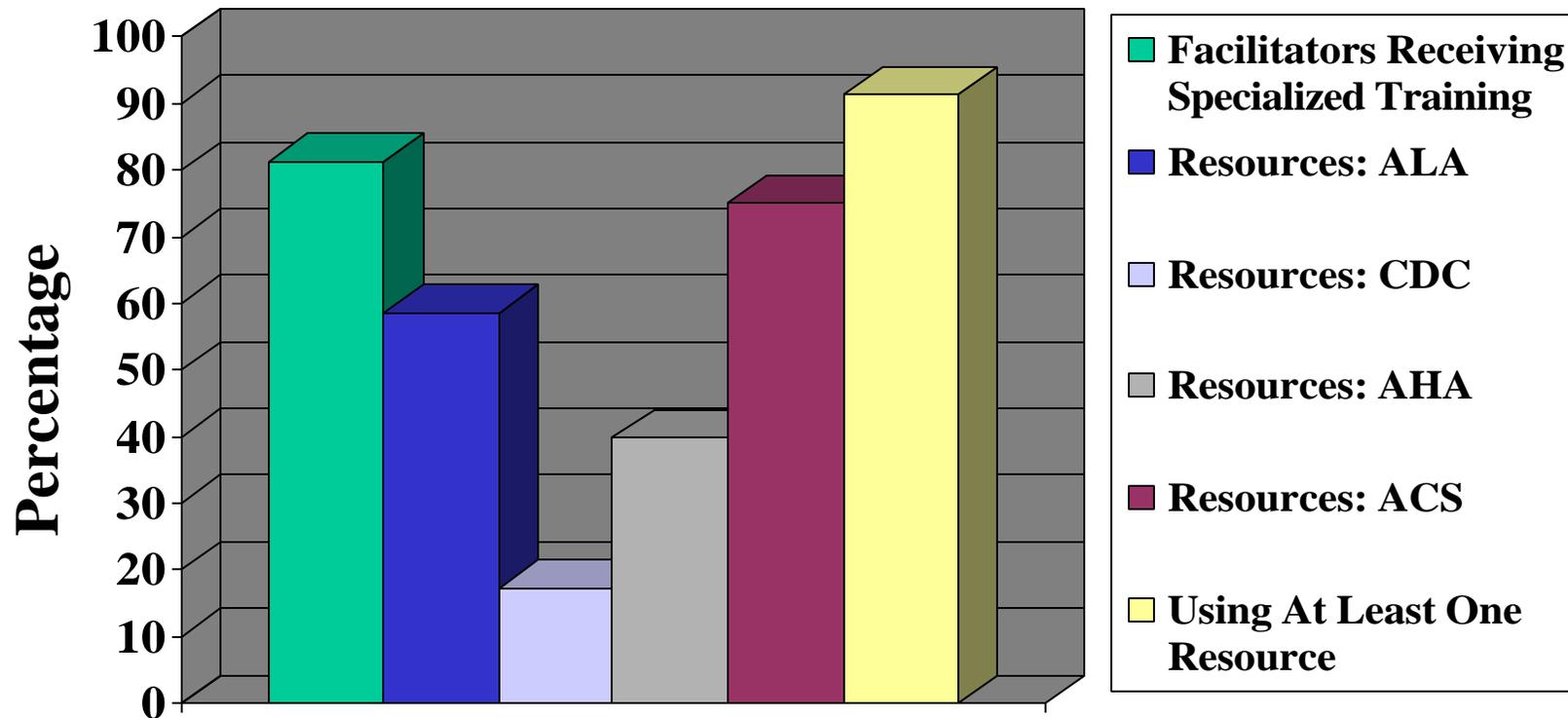


DoD: Total Duration of Treatment Contact and Rates of Program Completion



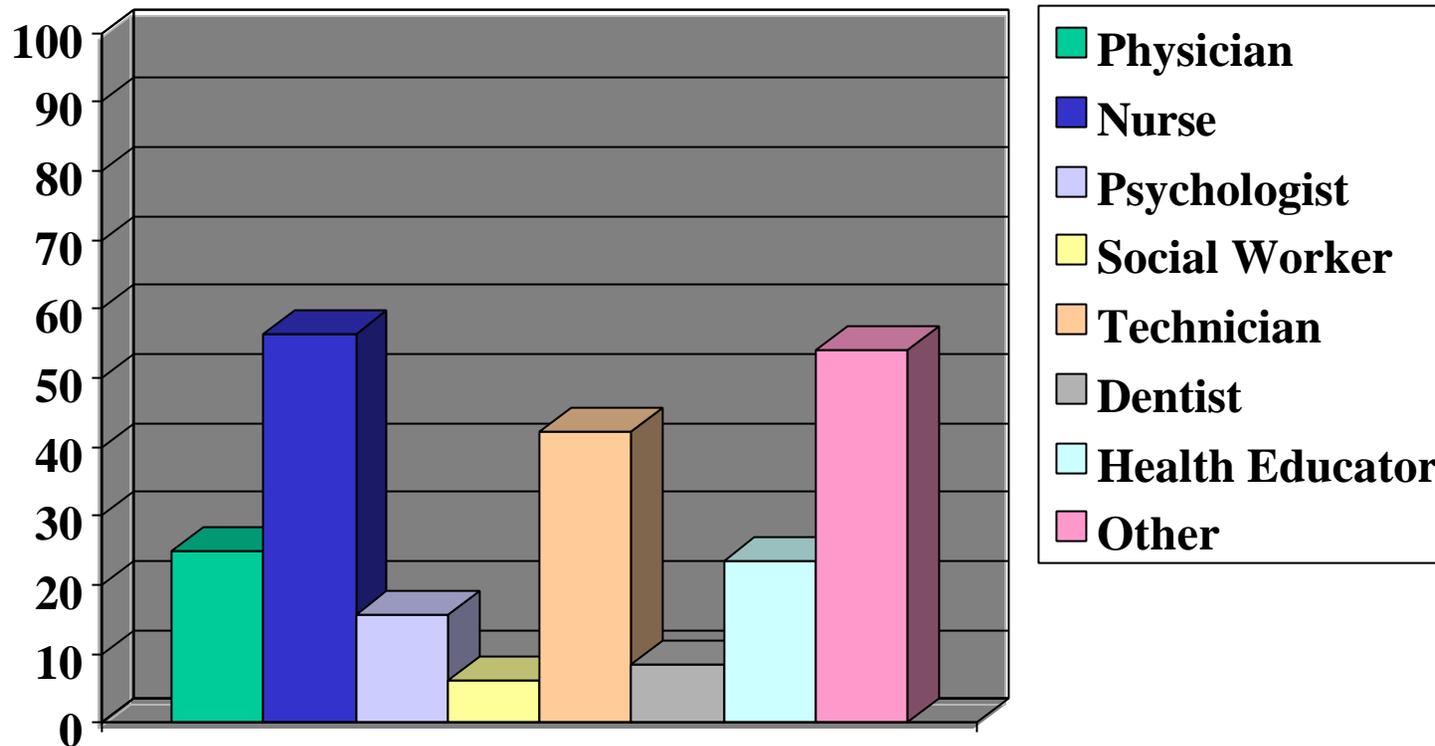


DoD: Training and Resources (n=128)





DoD: Percent of Programs Involving Various Types of Facilitators (n=128)

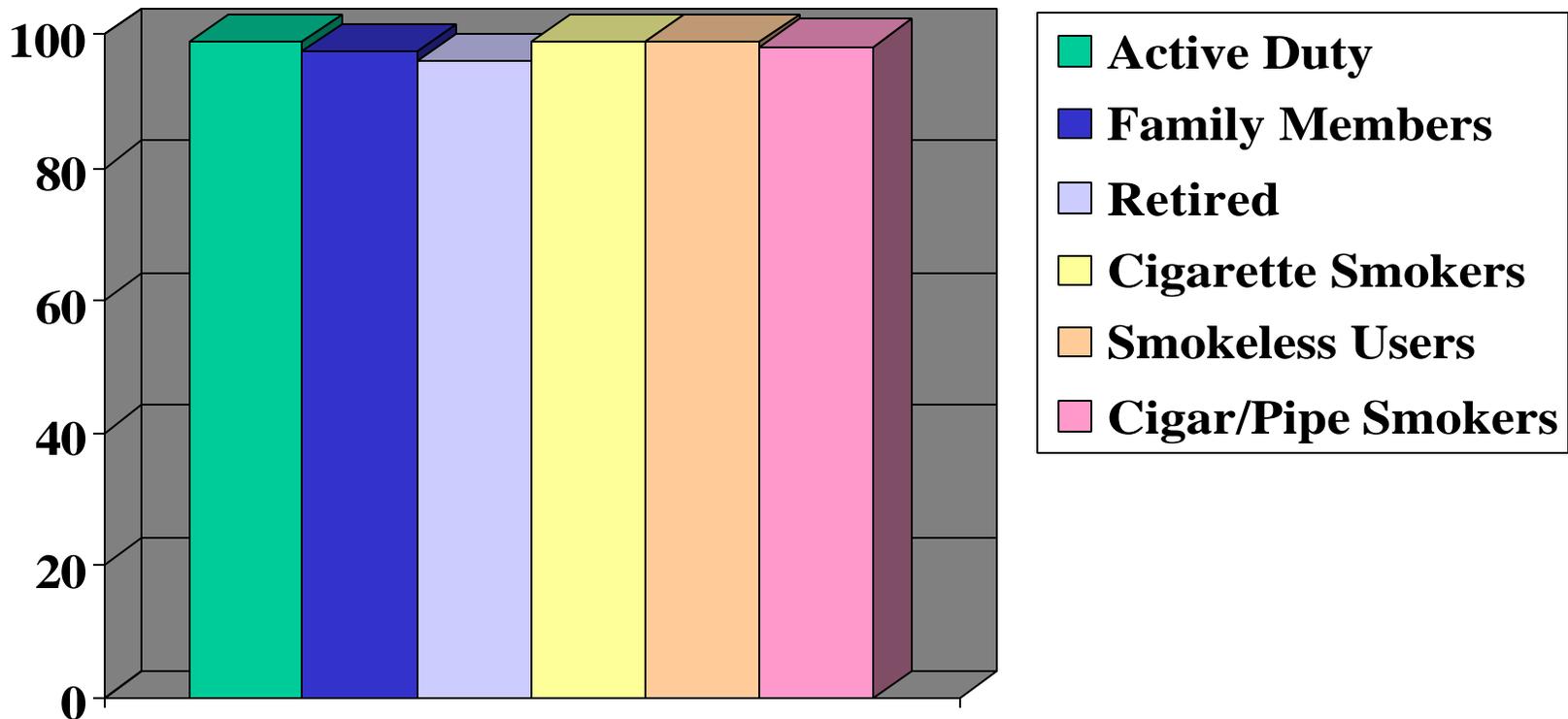


Note: Percentages total more than 100% as most programs involve several types of facilitators



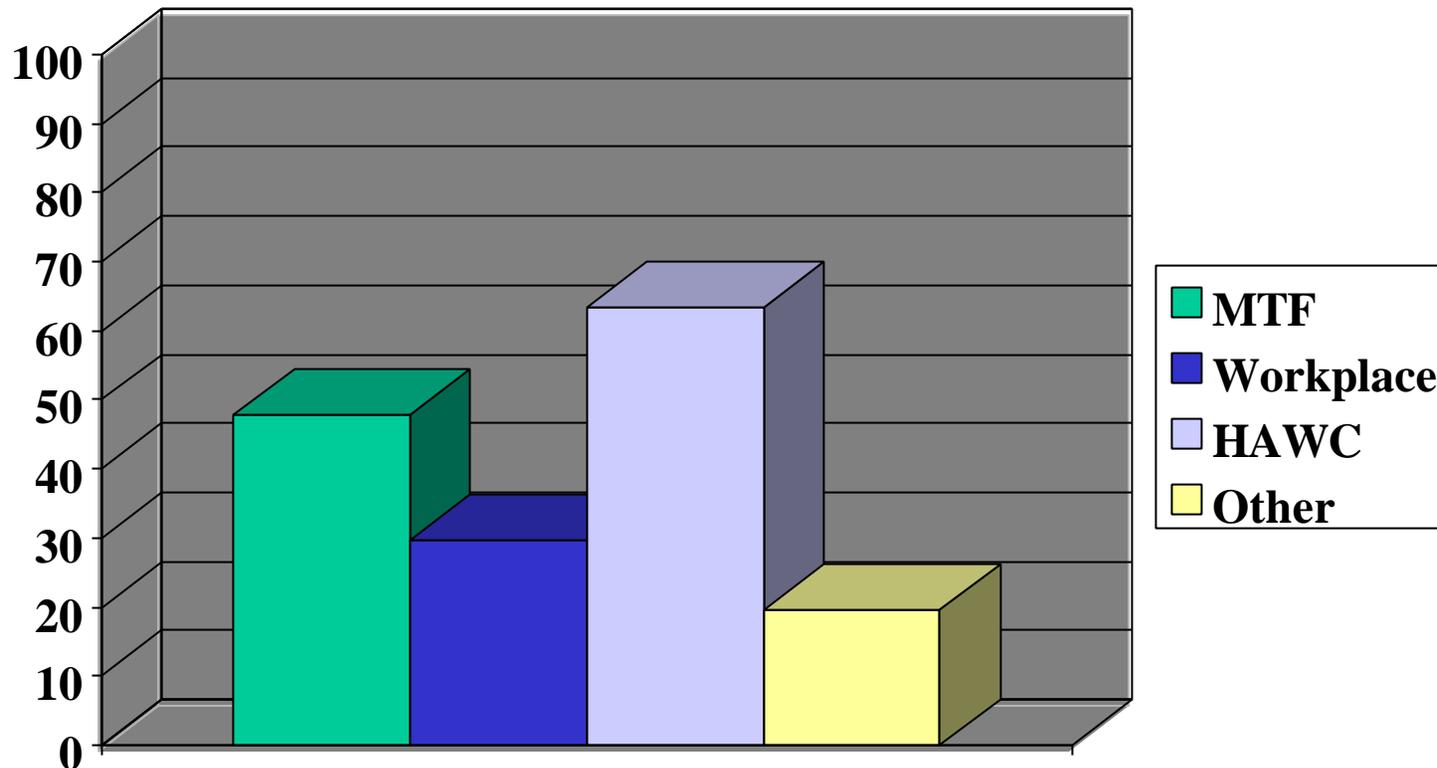
DoD:

Percent of Tobacco Cessation Programs for which Specified Group is Eligible (n=128)





DoD: Percent of Programs Offered At Various Locations (n=128)

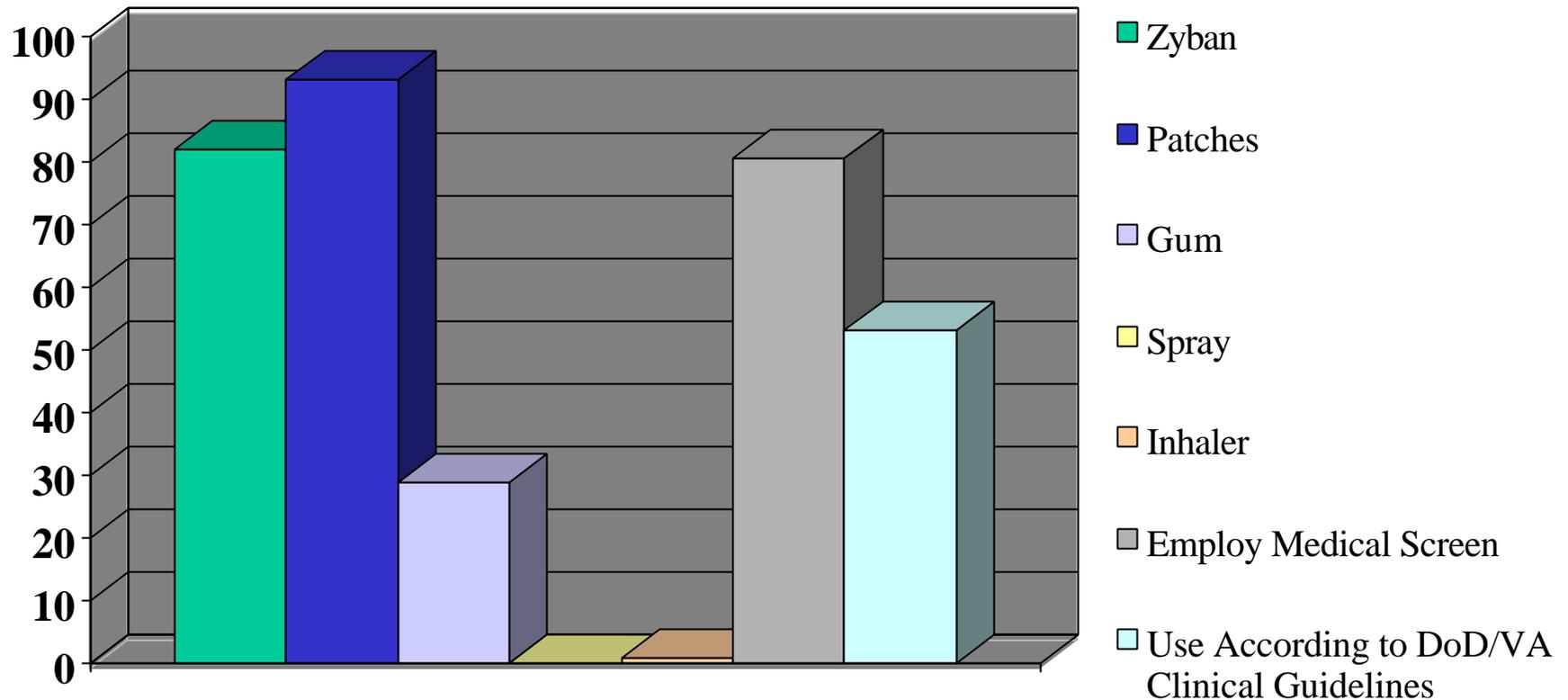


Note: Percentages total more than 100% as some places offer programs at several locations



DoD:

Percent of Programs Offering Various Types of Pharmacotherapy (n=128)



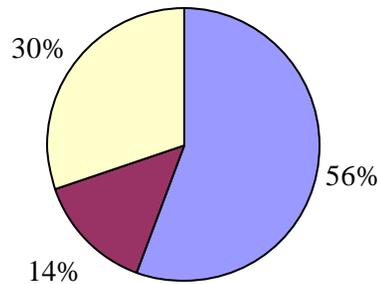
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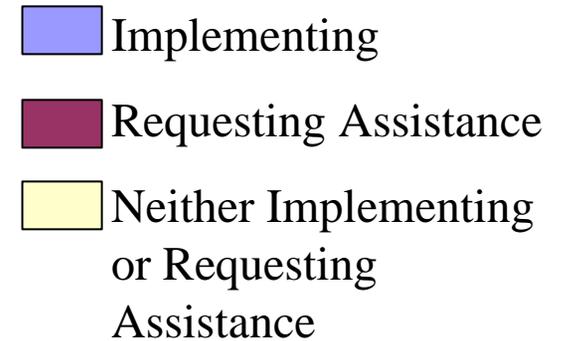
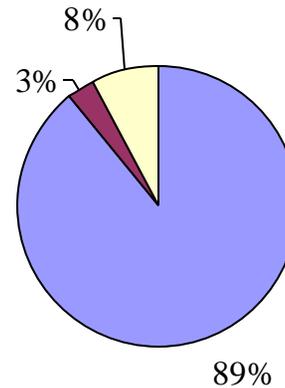
DoD: Infrastructure Components (n=128)



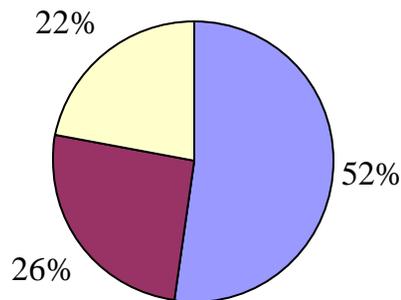
Procedural Manuals for Providers



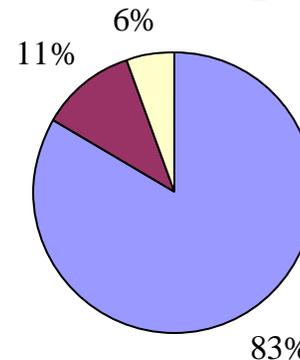
Educational Materials for Patients



Established Training Criteria for Facilitators



Patient Tracking and Follow-Up System





DoD: Assessment Components (n=128)

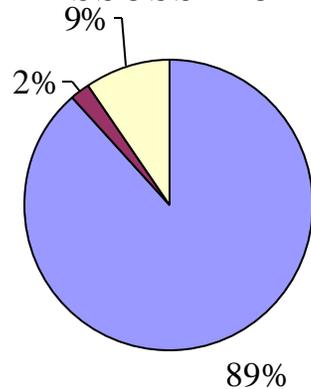


Implementing

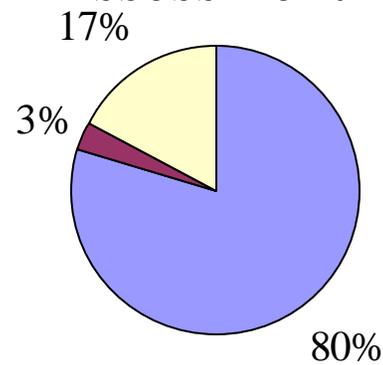
Requesting Assistance

Neither Implementing or Requesting Assistance

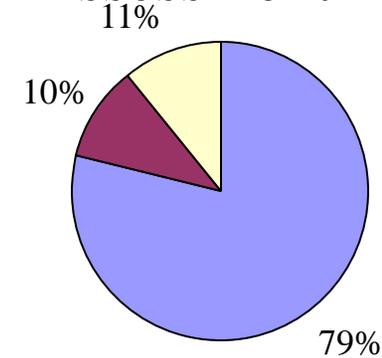
Tobacco History Assessment



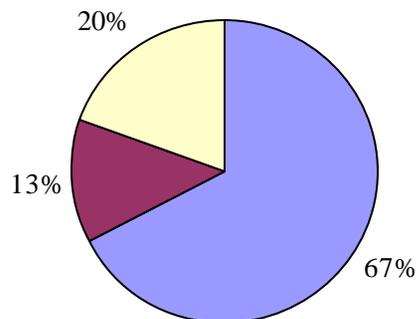
Prior Quit Assessment



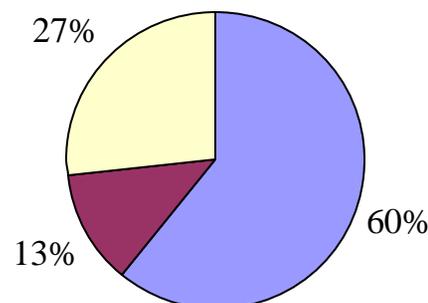
Nicotine Dependence Assessment



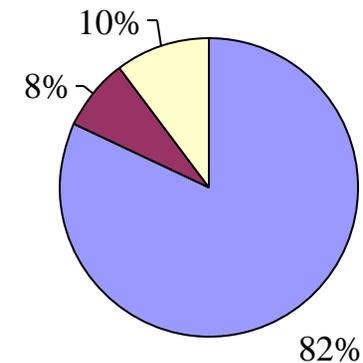
Co-Morbidity Assessment



Self-Efficacy Assessment



Motivation to Quit Assessment





DoD: Behavioral Components (n=128)

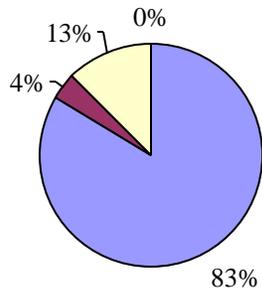


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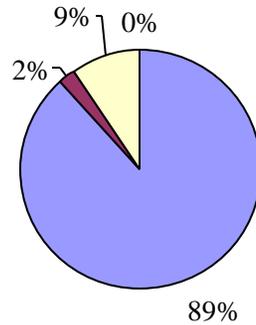
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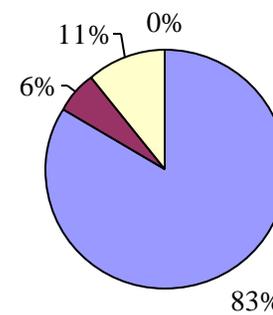
Educational/ Skills Training



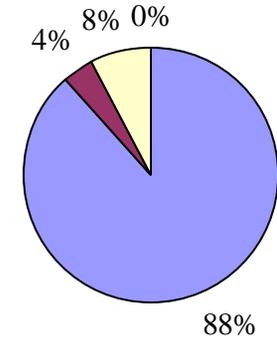
Health Effects of Tobacco



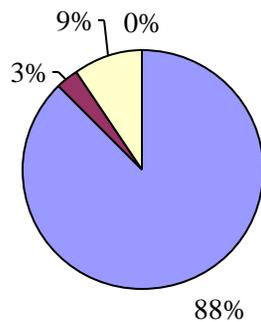
Patient Goal Setting



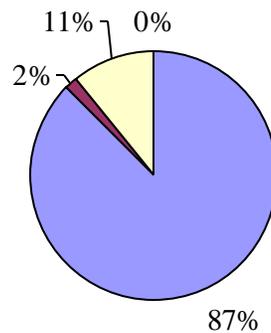
Coping Skills



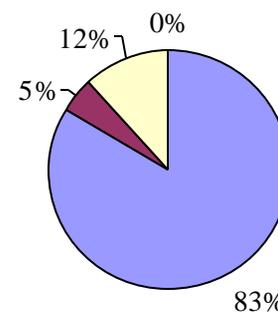
Stress Management



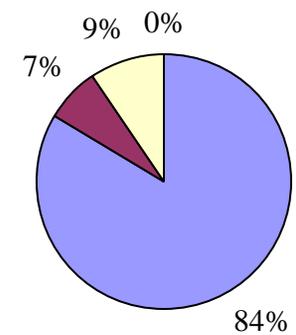
Nutrition



Exercise



Relapse Prevention

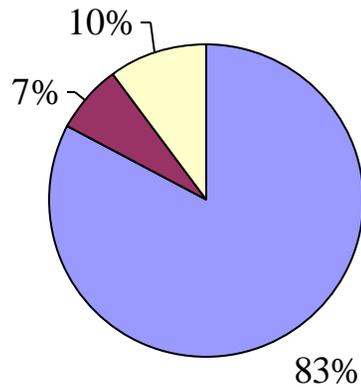




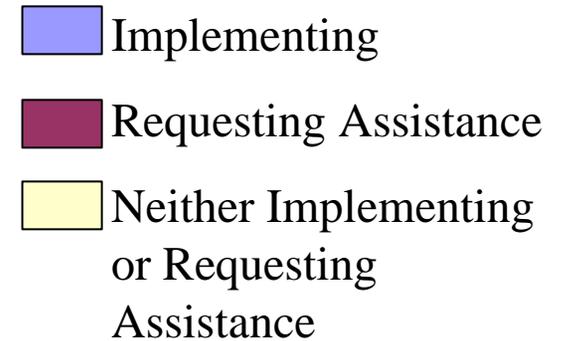
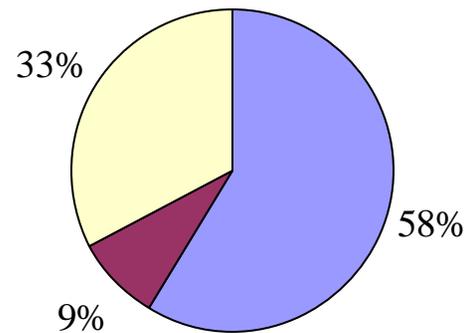
DoD: Evaluation Components (n=128)



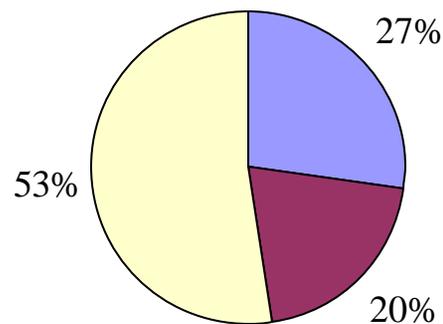
6 Month Follow-Up



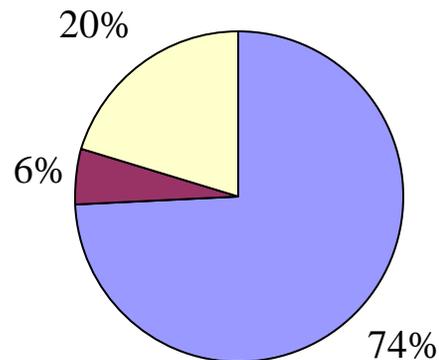
1 Year Follow-Up



Use of 7 Day Point Prevalence as Metric

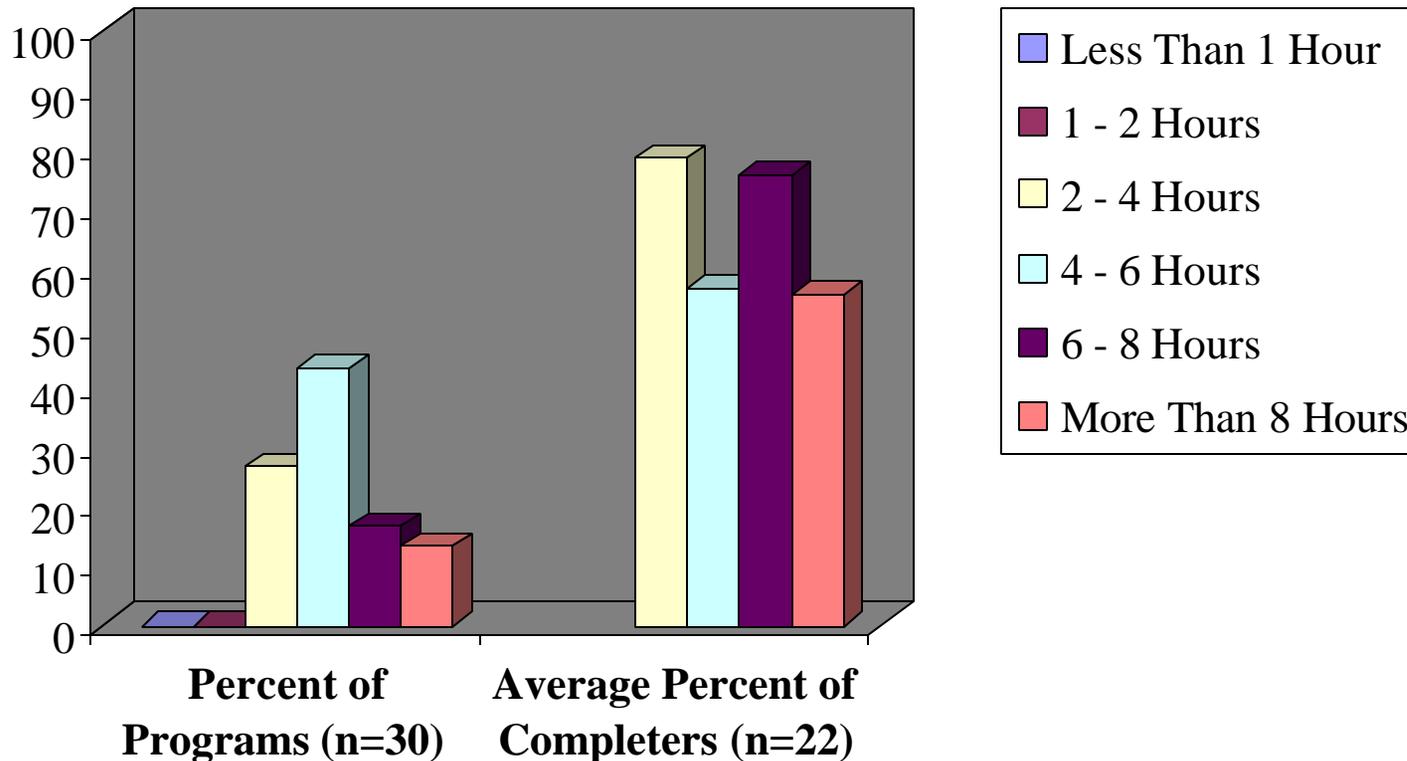


Patient Satisfaction Follow-Up



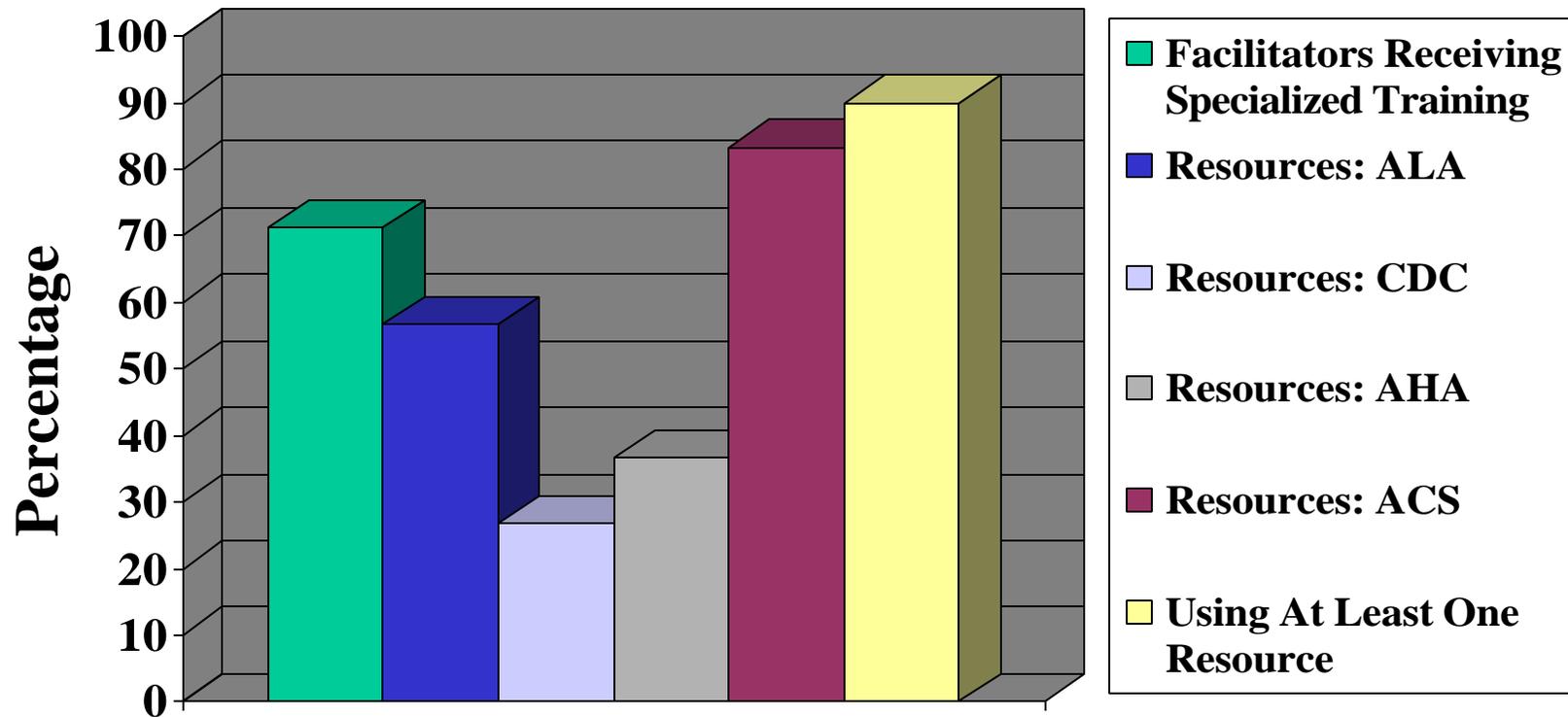


US Navy: Total Duration of Treatment Contact and Rates of Program Completion



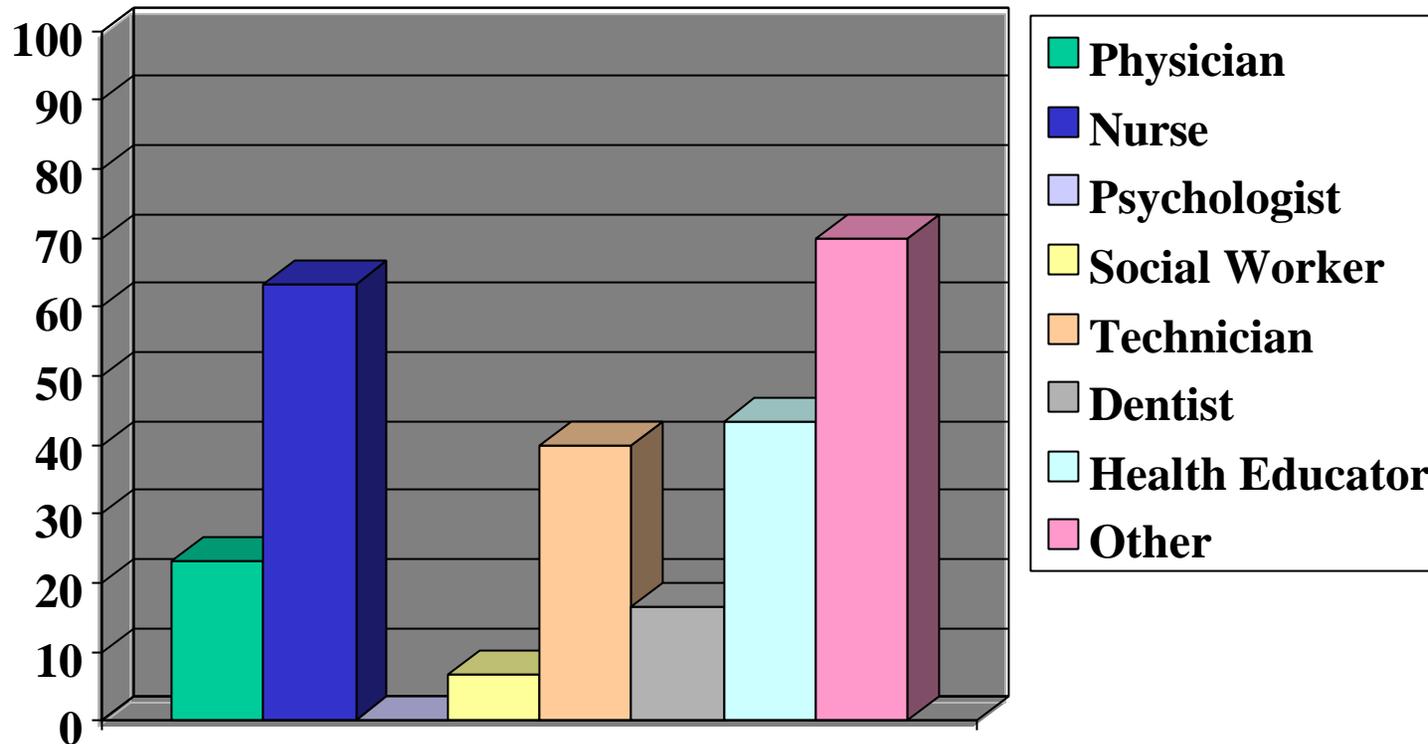


US Navy: Training and Resources (n=30)





US Navy: Percent of Programs Offered Involving Various Types of Facilitators (n=30)

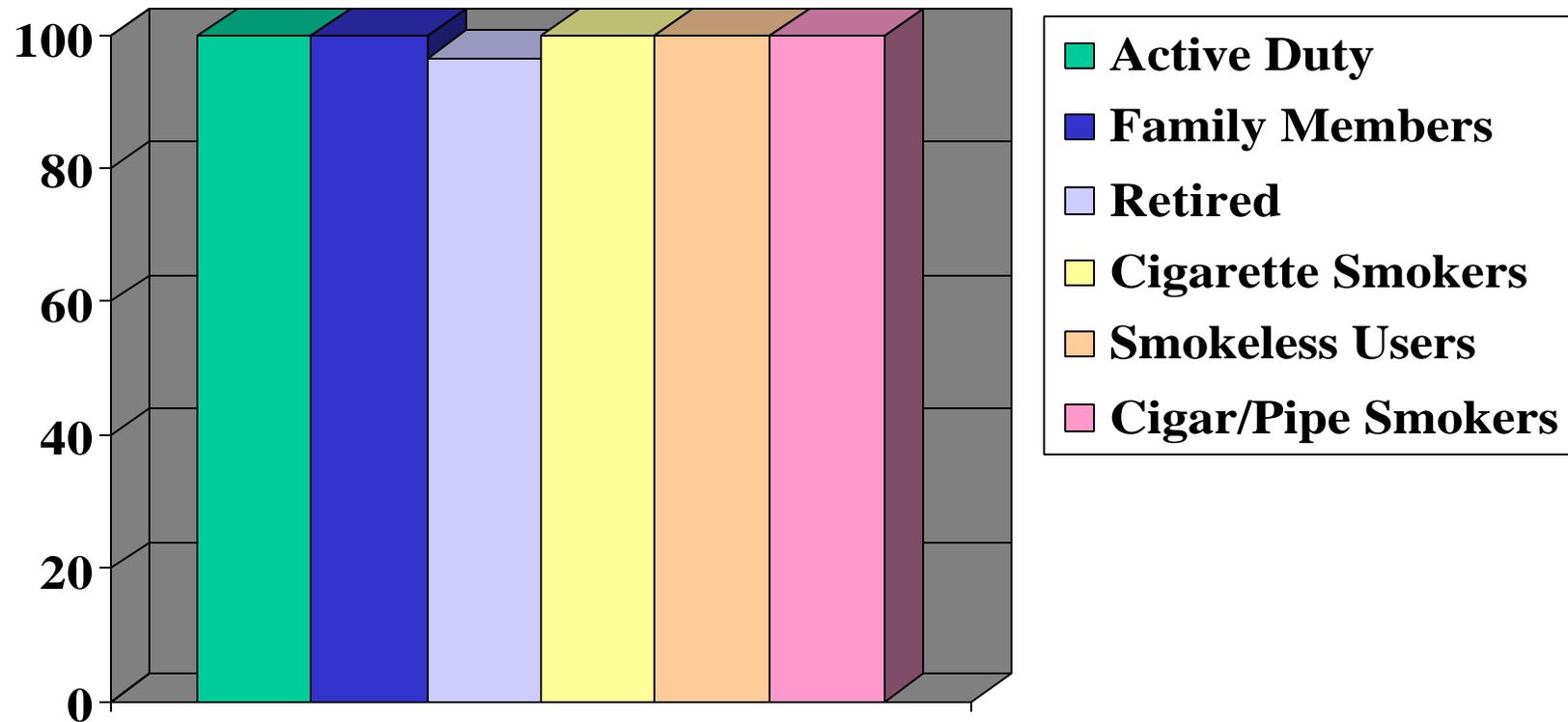


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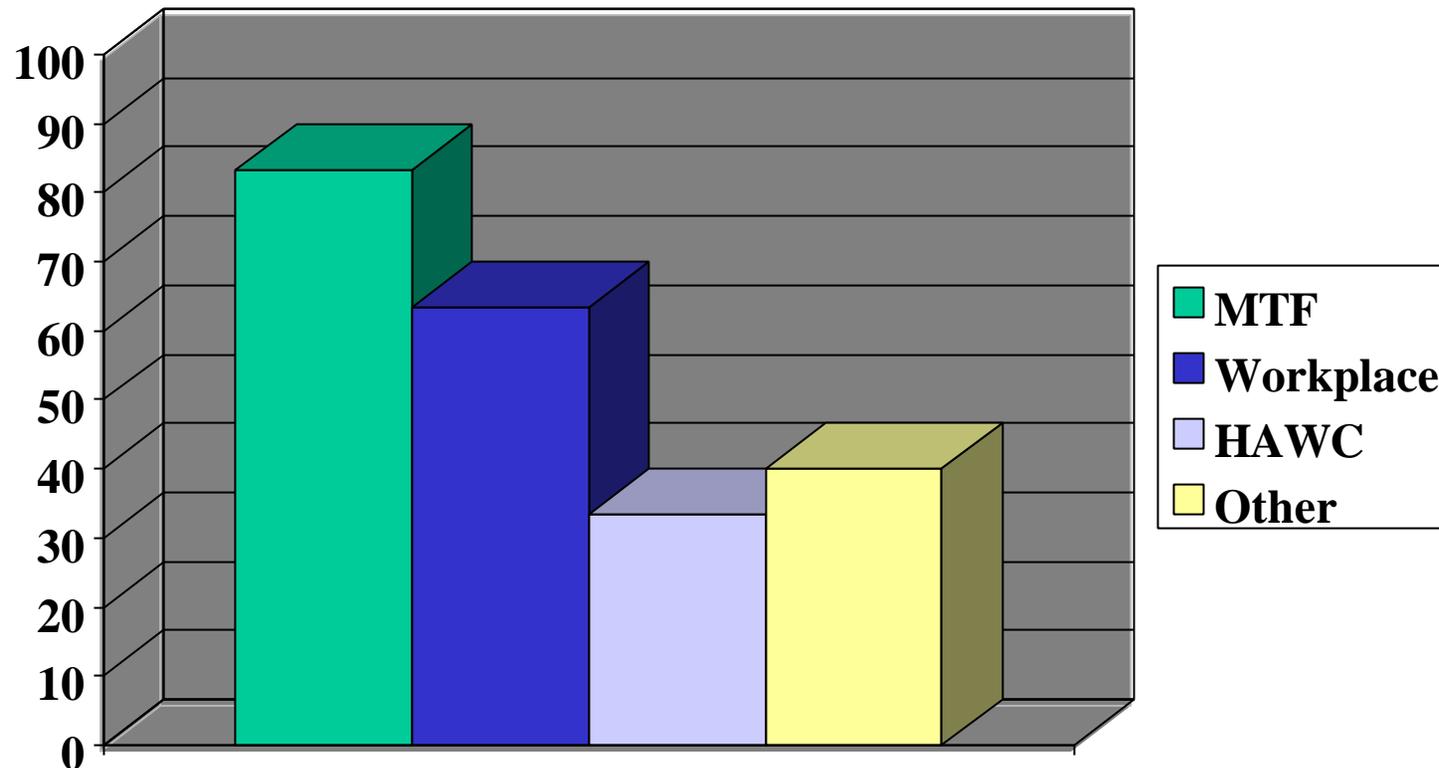
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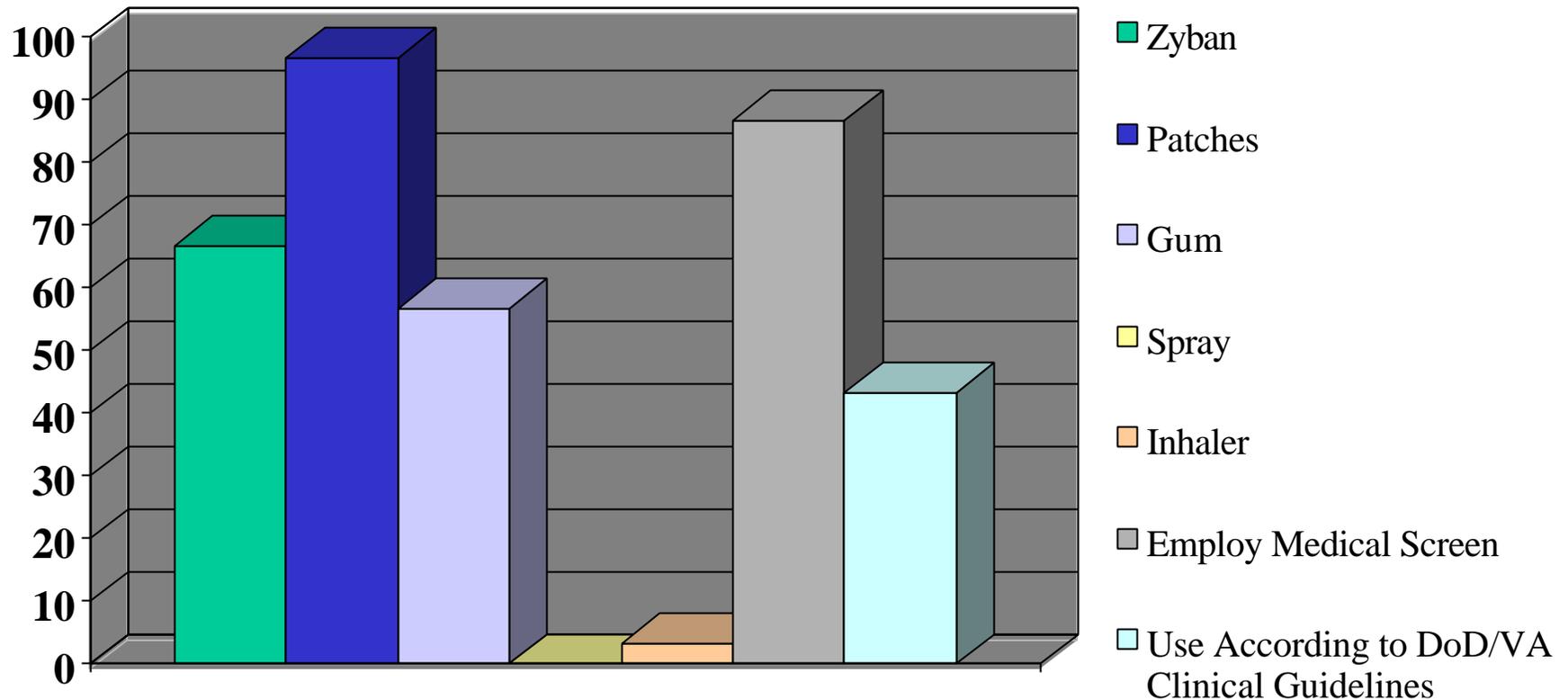
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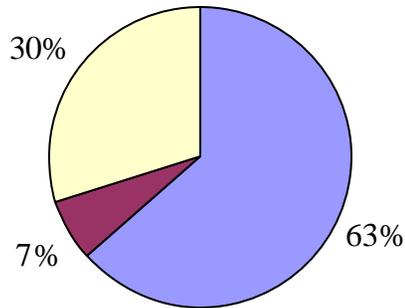
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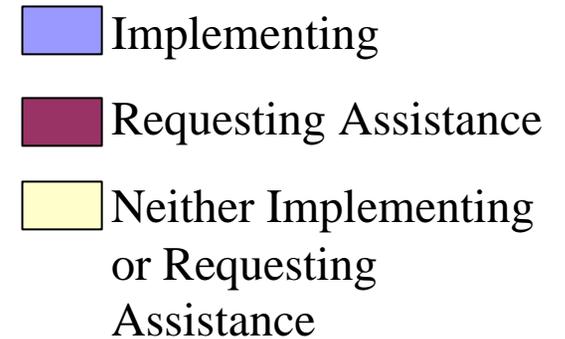
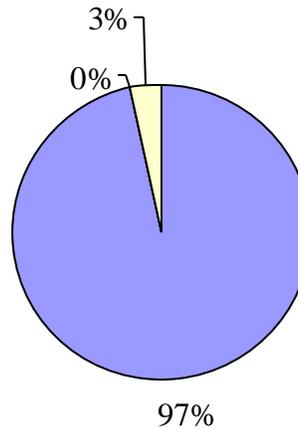
US Navy: Infrastructure Components (n=30)



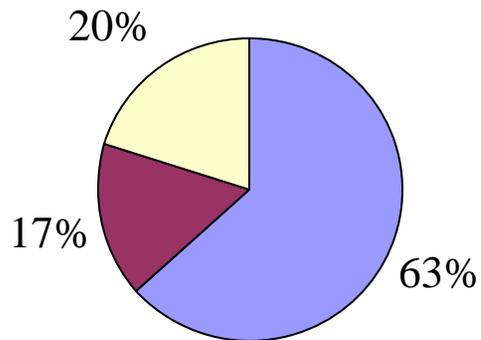
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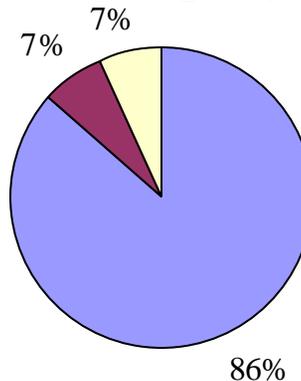
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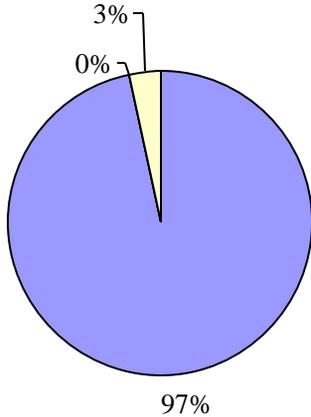


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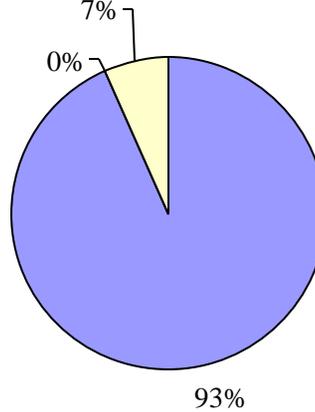
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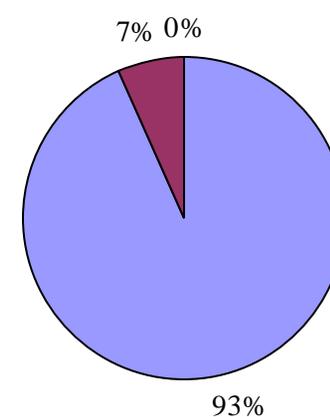
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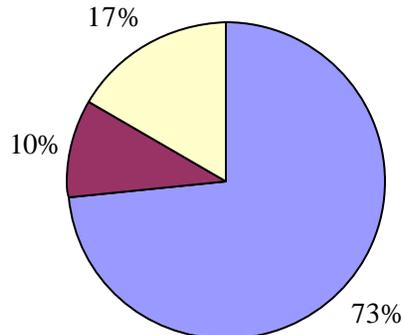
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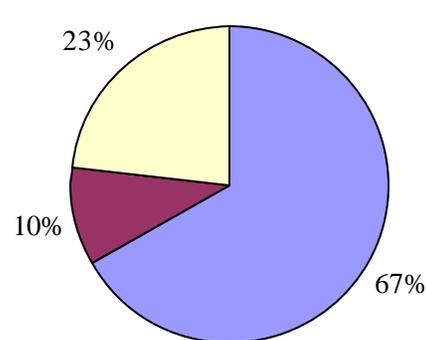
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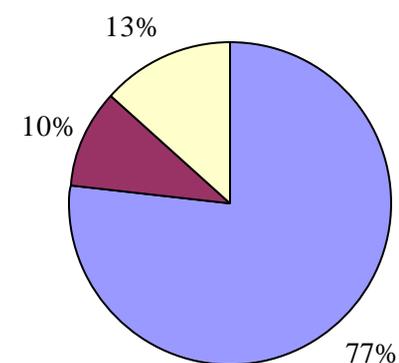
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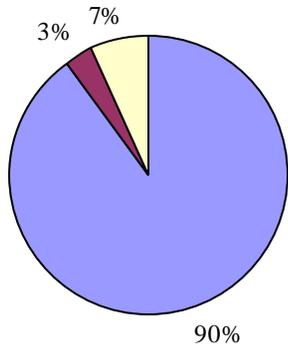


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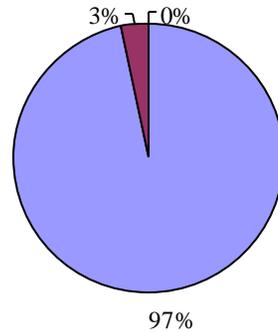
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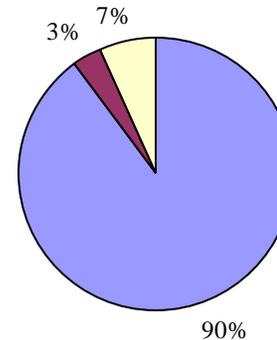
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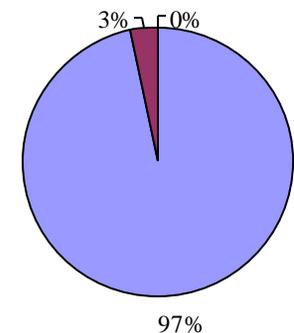
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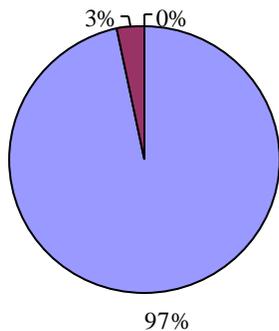
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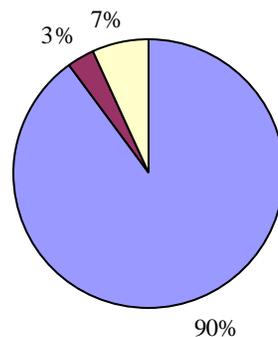
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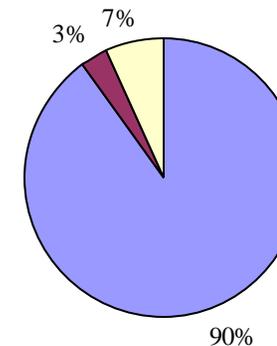
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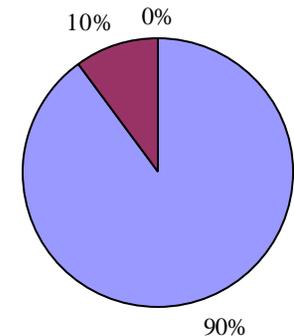
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Exercise



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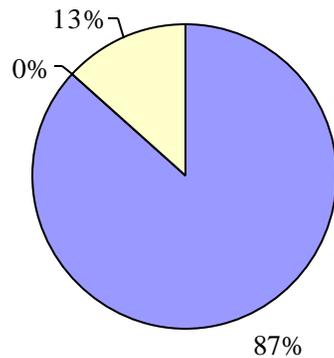




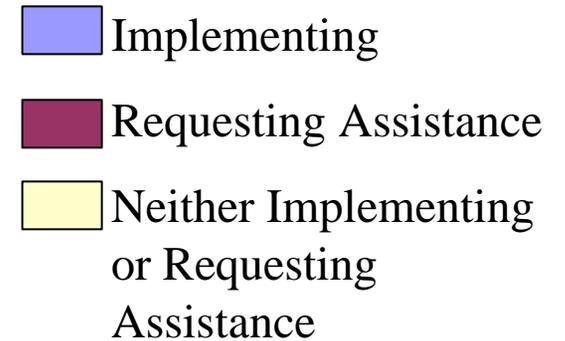
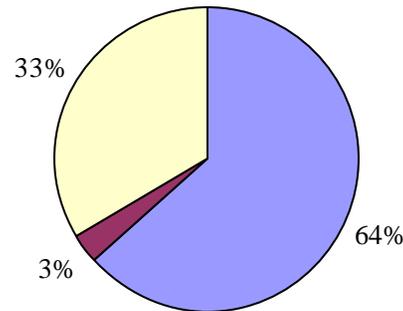
US Navy: Evaluation Components (n=30)



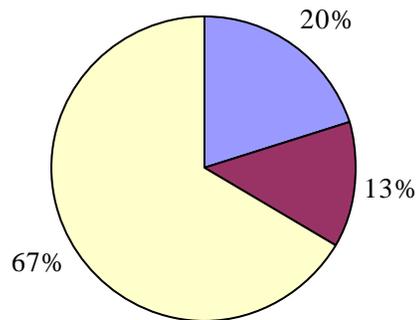
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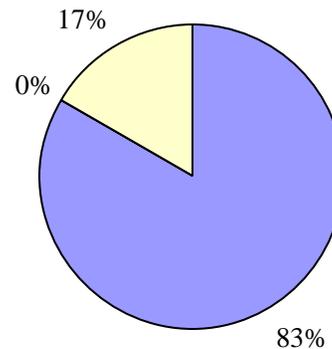
1 Year Follow-Up



Use of 7 Day Point Prevalence as Metric



Patient Satisfaction Follow-Up





Conclusions



- Conclusions made with caveat that no information is available on roughly one-third of all DoD tobacco cessation programs
- Overall, DoD tobacco cessation programs are doing very well in the following domains:
 - Providing some training to facilitators
 - Using external resources for programs
 - Involving facilitators from various disciplines
 - Ensuring access to tobacco cessation programs to ALL tobacco users
 - Integrating behavioral treatment and pharmacotherapy
 - Including critical assessment elements in programs
 - Doing some evaluation of program's effectiveness



Recommendations



- Areas for continued improvement in DoD tobacco cessation programs:
 - Offer more workplace tobacco cessation programs
 - Support draft policy to completion which will enable all programs to offer empirically supported pharmacotherapy
 - Provide additional training to enable and encourage all programs to use pharmacotherapy according to DoD/VA Clinical Guidelines
 - Offer guidelines on minimum training criteria for tobacco cessation facilitators
 - Use of standardized outcome metric (7 day point prevalence) for program evaluation