



## **A NEED FOR A TOBACCO CESSATION TRAINING PROGRAM**

Despite pharmacists' extensive knowledge and skills, the potential role of pharmacists in promoting smoking cessation has not yet been fully actualized. Research shows that providing pharmacists with specialized tobacco cessation counseling training results in increases in counseling activities. Dr. Karen Hudmon's recent survey of more than 1,100 Northern California pharmacists indicated that less than 1 in 10 have formal training in tobacco cessation counseling. However, 87% indicated interest in receiving formal training, 70% believe that training would increase the number of patients that they counsel, and 94% believe that it would increase the quality of the assistance that they provide patients.

In response to this interest and lack of expertise, Prescription for Change (formerly the Pharmacy Partnership), a project of the California Medical Association Foundation orchestrated an effort whereby pharmacy faculty representing each of the four California pharmacy schools designed a comprehensive tobacco cessation counseling curriculum component for pharmacy students. Curriculum coordinators are Robin Corelli, PharmD with the University of California San Francisco School of Pharmacy and Karen Hudmon, DrPH, MS, RPh with the Center for Health Sciences, SRI International and the University of California San Francisco School of Pharmacy. Other faculty curriculum members include: Lisa Kroon, PharmD, University of California San Francisco School of Pharmacy; Eunice Chung, PharmD, Western University College of Pharmacy; Berit Gundersen, PharmD, University of the Pacific School of Pharmacy; and Leanne Sakamoto, PharmD, University of Southern California School of Pharmacy.

## **A COMPREHENSIVE TOBACCO CESSATION CURRICULUM PROGRAM**

### **Prescription for Change: Pharmacist-Assisted Tobacco Cessation**

The product of this statewide collaboration is a Tobacco Cessation Curriculum Program that equips pharmacy students with the ability to intervene with all tobacco users—including patients who are not yet considering quitting. The program lecture components of the curriculum program covers issues such as the epidemiology of tobacco-related disease, forms of tobacco, the pharmacology of nicotine and principles of addiction, a theory-based approach to assisting patients with quitting using tobacco, the genetics of tobacco use, and the pathophysiology of tobacco-related disease.

The workshop component of the program includes hands-on experience with pharmacologic aids for cessation, introduction to handheld computers for scheduled gradual reduction of smoking, and role-playing with up to 20 case studies.

The Prescription for Change program has been implemented into the core curriculum of all four California pharmacy schools: University of California San Francisco, Western University, University of Southern California and the University of the Pacific. It is taught to over 600 California pharmacy students annually. It also has been taught to medical students, licensed nurses and nurse practitioners, and licensed pharmacists.

*For more information regarding this curriculum please contact Prescription for Change at (415) 882-3326.*

## Prescription for Change<sup>®</sup>: Education and Research Activities

### TRAINING WORKSHOPS (PRESENTED IN WHOLE OR PART)

- Texas Southern University School of Pharmacy. Training for pharmacy students. Coordinated by M.D. Anderson Cancer Center (8 hours). Houston, TX: April 2, 2001
- University of Utah School of Nursing. Continuing education program for advanced practice nurses and physician assistants (9 hours). Salt Lake City, UT: April 28, 2001
- University of California San Francisco School of Medicine. Training for first year medical students (3 hours). San Francisco, CA: May 3-4, 2001
- University of Wisconsin School of Pharmacy. Continuing education program for community pharmacists (11.5 hours). Madison, WI: June 2, 2001
- American Society of Health-System Pharmacists, Annual Meeting. Continuing education program for pharmacists (2 hours). Los Angeles, CA: June 5, 2001

### PUBLISHED NEWSLETTER ARTICLES

- California Pharmacy Schools Adopt Tobacco Curriculum, Society for Research on Nicotine and Tobacco Newsletter; April 2000.
- Tobacco Cessation Now Required Training at California Pharmacy Schools, Pharmacy Today (A publication of the American Pharmaceutical Association); September 2000.
- Experts See Gains in Patient Care and Profit from Smoking-Cessation Efforts, The Quality Indicator: the Newsletter of Quality Issues in Health Care; February 2001.

### INVITED RESEARCH PRESENTATIONS

- Hudmon KS. Implementation of a tobacco curriculum in California's pharmacy schools. Model Tobacco Curriculum Workshop for Health Professionals. 11th World Conference on Tobacco or Health. Chicago, IL: August 6-11, 2000.
- Corelli RL. Implementation of a tobacco curriculum in California's pharmacy schools. 1st International Congress on Pharmacists and Tobacco Control held during the 11th World Conference on Tobacco or Health. Chicago, IL: August 6-11, 2000.
- Hudmon KS. Expanding the Role of Pharmacist in Tobacco Cessation. University of Michigan College of Pharmacy. Ann Arbor, MI: January 15, 2001.
- Hudmon KS. Expanding the Role of Pharmacist in Tobacco Cessation. California Tobacco Education and Research Oversight Committee Meeting. Burlingame, CA: February 27, 2001.
- Hudmon KS. California Pharm-Assists for Tobacco Cessation. Symposium on Pharmacists and Tobacco. American Pharmaceutical Association Annual Meeting. San Francisco, CA: March 19, 2001.
- Hudmon KS. An empirical approach to expanding pharmacist's role in tobacco cessation. University of Wisconsin Center for Tobacco Research and Intervention. Madison, WI: June 1, 2001.

### POSTERS PRESENTED AT PROFESSIONAL MEETINGS

- Corelli RL, Hudmon KS, Kroon LA, Sakamoto LM, Chung E, Paynter M. Prescription for change: Pharmacist-assisted tobacco cessation<sup>®</sup>--Implementing a tobacco cessation curriculum in California pharmacy schools. Presented at the American Association of Colleges of Pharmacy Annual Meeting. San Diego, CA: July 7-12, 2000; the 11th World Conference on Tobacco or Health. Chicago, IL: August 6-11, 2000; California Society of Health-System Pharmacists, Seminar '00. Palm Springs, CA: October 27-29, 2000; and the American College of Clinical Pharmacy Annual Meeting. Los Angeles, CA: