

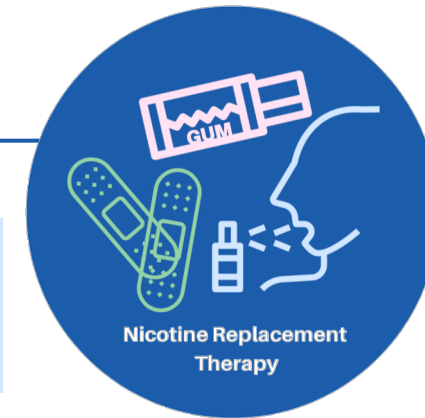
Smoking cessation training for foundation year doctors – a positive step towards a smoke-free society

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Introduction

Tobacco smoking is a leading cause of preventable death and disability.¹ Healthcare professionals play a vital role in the government's ambition for a smoke-free society in England by 2030.¹⁻² However, many undergraduate medical students do not receive sufficient training in the evidence-based means to facilitate smoking cessation amongst patients, and there is a limited emphasis within postgraduate curricula.¹

Objectives

This study assessed the use of practical smoking cessation training, incorporating role-play scenarios, on foundation year doctors' (FYDs) confidence when delivering smoking cessation advice and treatment.

Methodology

Quantitative and qualitative data were collected from eighteen FYDs using structured feedback forms and self-reported confidence ratings (1-10) before and after the smoking cessation training. Paired t-test scores determined a difference between mean confidence ratings, whilst qualitative data were analysed using deductive thematic analysis.

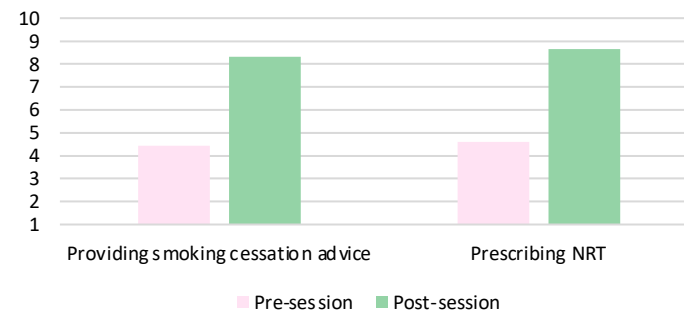
Quantitative results

- Over half (55.55%, n=10) of the group received formal training during their undergraduate degree.
- Most (72.2%, n=13) reported assessing patients' smoking status daily or weekly but 77.77% (n=14) rarely or never offered cessation advice or nicotine replacement therapy (NRT).
- Before the workshop, self-reported confidence in prescribing NRT to established smokers was poor. After the session, there were statistically significant increases in confidence ratings for providing cessation advice and prescribing NRT, as shown in the graphs below.



Despite nearly all assessing smoking status, 77% reported rarely or never offering smoking cessation advice or prescribing NRT.

Mean Self-Reported Confidence Ratings (1-10) Comparison



Following the training, **confidence ratings increased across all areas assessed:**

- When providing smoking cessation advice (8.33±1.24); a statistically significant increase of 3.89 (95% CI, 2.84 to 4.94), $t(17)=7.8148$, $p<0.0001$, $d=0.498$.
 - When prescribing NRT (8.64±1.05), a statistically significant increase of 4.03 (95% CI, 3.16 to 4.89), $t(17)=9.8432$, $p<0.0001$, $d=0.409$.
- Trainees reported enhanced awareness and knowledge of the subject matter.

Qualitative results

- Foundation year doctors attributed a lack of awareness, training, and knowledge as perceived barriers to independently offering smoking cessation advice and prescription of nicotine replacement therapy (NRT) to patients.
- The majority of trainees commented positively on the small group, practical, and role-play learning style, who reported an enhanced awareness and knowledge of the subject matter.

Conclusion

The implementation of smoking cessation training, including role-play scenarios, improves foundation year doctors' confidence in providing advice and treatment to established smokers – **a positive step towards a smoke-free society.**

References

1. Royal College of Physicians. Hiding in plain sight: Treating tobacco dependency in the NHS. [Internet]. 2018 [cited 2022 Feb 7]. Available from: <https://www.rcplondon.ac.uk/projects/outputs/hiding-plain-sight-treating-tobacco-dependency-nhs>
2. Lewis P. Smoke-free England by 2030: On track or unrealistic? [Internet]. House of Lords; 2020 [cited 2022 Feb 7]. Available from: <https://lordslibrary.parliament.uk/smoke-free-england-by-2030-on-track-or-unrealistic/>