Jacqueline O'Brien and Kelsey Vahling Mentor: Dr. Kelly Gable Title: Creation and Implementation of a Smoking Cessation Program at a Federally Qualified Health Center (FQHC)

Introduction Smoking cessation is a difficult task, especially in the rushed healthcare world today. Using the "Five A's" and stages of quitting, health care professionals can effectively help patients to successfully stop smoking. The purpose of this study is to create a smoking cessation program to be implemented at an FQHC.

Methods After literature review of other programs and observation of the current primary care clinic, a smoking cessation program was implemented using handouts and a provider education session. After three months, the number of prescriptions of NRT and Chantix were compared to the three months prior to the start of the program to assess the efficacy of the program.

Results The data showed 340 smoking cessation prescriptions were written, compared to the 302 from the three months prior which was a 12.6% increase. Lozenges, patches, kits, and gum all had increased prescriptions, while Chantix and inhalers decreased. A student t test was done to analyze the data and found a p value of 0.434.

Conclusion While the p value indicated no statistical significance, the program is very open to modifications, which may create a more successful program in the future.