

Smoking Cessation Class to help stop tobacco abuse at the Alamo Group Factory in Gibson City, IL



Purpose

- More than 45 million American adults use tobacco cigarettes.
- Smoking costs our country almost 166 billion in healthcare expenses and lost productivity each year.
- Smoking is a major problem in all communities including rural areas.

Purpose

- When thinking of smoking, most people automatically think about cancer.
- People often fail to realize how smoking increases your risk for stroke, heart attack, blood vessel damage, and COPD.
- They also fail to realize the negative affects smoking has on their family and friends.

Purpose

- This smoking cessation class will increase awareness of the dangers of smoking.
- Also it will help promote smoking cessation among the participants.
- Furthermore, this class will help participants continue to lead a smoke free life.

Methods

- Participants were recruited from the Alamo Group Factory on a volunteer basis to be part of a smoking cessation class.
- The factory made the decision to go smoke free and offered the freedom from smoking class free of charge to any of its interested employees.
- The class took place at the factory conference room and lasted for one hour for a total of eight sessions.

Methods

- At the initial class, participants discussed their reasons for wanting to quit and roadblocks that they saw for quitting.
- Participants on the first day were given an introductory survey to assess their current knowledge of tobacco abuse and their thoughts and beliefs on smoking.

Methods

Smoking topics that were addressed throughout the eight sessions include the following:

1. Studying your habits and building motivation.
2. Making a plan and coping with urges.
3. Quit day, recovery and support, weight control, and stress management.
4. Exercise and assertive communication, celebration being smoke free, and relapse prevention.

Methods

- At the conclusion of the eight sessions, an exit survey that is identical to the initial survey was administered.
- This survey was done to help determine if any changes in knowledge or beliefs on smoking had occurred.

Results

The following results are the averages from the pre survey and the post survey which were completed by five of the participants.

The scale used was 1-5 with 1 being strongly agree, 2 agree, 3 neutral, 4 disagree, 5 strongly disagree.

1. The only concern of smoker's is getting Lung Cancer. The average was 3.6 pre and 2.6 post.
2. Right now you are sure you are ready to stop smoking. 2.4 pre and 2.2 post
3. You are likely to return smoking in the next 12 months. 3.4 pre and 4 post.
4. People should avoid smoking if they want to remain healthy. 3 pre and 2.4 post.
5. Developing a social network will help you stay free from smoking. 3 pre and 2.6 post.
6. Having strategies for dealing with temptations of wanting to smoke again will help. 2.6 pre and 2 post.
7. Nicotine gum, nicotine patch or other cessation aids are viable aids for smoking cessation. 2.4 pre and 1.8 post.
8. Weight gain from smoking cessation happens almost always. 2.6 pre and 3.2 post.
9. Learning how to deal with withdrawal symptoms is important in smoking cessation. 3.2 pre and 3.2 post.
10. Deep breathing as a technique will help you stay smoke free. 3 pre and 2.6 post

Results

- Most of the participants used some form of Nicotine Replacement Therapy.
- Nicotine patches allow the body to slowly absorb nicotine lower in concentration than a cigarette.
- The nicotine patch starts with a 21 mg patch for the first 4-6 weeks, then a 14 mg patch for 2 weeks, and finally a 7 mg patch for the last 2 weeks.

Results

- A few participants used nicotine gum and lozenges.
- None of the participants used nicotine nasal spray or a nicotine inhaler.
- Also no participants used Zyban or Wellbutrin to help with smoking cessation.

Results

- Participants were urged to plan a special celebration on the anniversary of their quit day.
- Participants made a calendar to cross off each day of being smoke free while indicating how much money they have saved.
- Participants also wrote down some of the reasons they were glad they quit smoking and posted these reminders on their wall.

Results

Facts that the participants have learned so far from the class include the following:

- Within 20 minutes of the last cigarette: blood pressure drops to normal, pulse rate drops to normal.
- After 72 hours, bronchial tubes relax, making breathing easier and lung capacity increases.

Results

Further facts that participants have found compelling at this point include:

- Within 1 to 9 months of becoming smoke free, coughing and shortness of breath decreases.
- After 10 years of being smoke free, lung cancer rate for the average smoker decreases from 137/100,000 to 72/100,000.
- After 15 years of being smoke free, the chances of many types of cancer are similar to someone who has never smoked cigarettes.

Results

- Dealing with stress continues to be a major concern and problem for the participants.
- The participants are encouraged to call each other when they have an urge to smoke.
- Exercise is stressed to help deal with smoking cessation.
- It has been encouraged to block out at least one weekday and one weekend to do something that they find enjoyable to help keep their mind off of smoking.

Results

- Many participants were concerned about weight gain.
- Many felt that they need to have something in their mouth and hands to replace the cigarettes.
- They continue to learn to drink plenty of water, and how to snack smart by eating low calorie foods such as fruits and vegetables.

Results

The participants have learned to do the following in case they slip up by smoking:

- They must treat the slip up as an emergency, throw away the cigarettes, and leave the situation.
- It is important to review their actions that led to the slip up and plan a coping plan for the next time.
- Participants are encouraged to repeat their commitment to quitting smoking and their reasons for quitting.

Outcomes

- This class has increase the knowledge of the benefits of smoking cessation.
- Increase participant awareness of the challenges they have faced and will face with tobacco abuse.

Outcomes

- This class might make other companies think about the benefits to offer a smoking cessation class to their employees.
- This will show the commitment to its employees and to the productivity of the company.
- The benefit of this class is that it will make peoples' life's better, healthier and longer.

Survey Results Pending

