

Shared decision making for tobacco cessation counseling: the patient's perspective.

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Introduction



Medications for smoking cessation can **double quit rates**

The FIRST study is a cluster randomized controlled trial still in progress. The intervention aims to increase smoking cessation with:

1. A more **proactive offering of treatment** even if the patient is not ready to quit.
2. The use of a **decision aid** showing the different quitting methods (website www.howtoquit.ch).

This **QUALITATIVE STUDY** nested in FIRST explored the reactions of a purposive sample of participants to the discussion they had with their general practitioner (GP) about smoking cessation.

Methods

We did **20 qualitative semi-directed interviews** with FIRST study participants.



We explored:

1. The acceptability of the intervention.
2. Patients' expectations regarding the role of their GP in tobacco counselling.

Data were analyzed using thematic data analysis assisted by the MAXQDA software. We followed COREQ standards.

howtoquit.ch

Results

THEMES	SUB-THEMES
Acceptability of the decision aid used in the intervention group	<ul style="list-style-type: none"> • Usefulness • Usability • Value • No utility
Patients' expectations regarding the role of clinicians in tobacco counselling	The influence of: <ul style="list-style-type: none"> • general practitioner • specialist Willingness or not to receive a medication

Tab. 1: Themes and sub-themes that emerged in qualitative interviews by primary care smoking patients participating in the FIRST study (n=20)

Implications

General practitioners may face subtle barriers to prescribe medications for smoking cessation because patients do not expect to take any. An **early explanation of treatment options** to all smokers, regardless of their readiness to quit, may encourage them to request treatment when they are ready to quit smoking.

Conclusion

Most participants in the intervention group found informative the decision aid.

Participants across both groups expected their GP to provide **moral support** but not necessarily treatment to quit smoking.

Participants felt that the most important factor influencing smoking cessation was their own motivation.

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