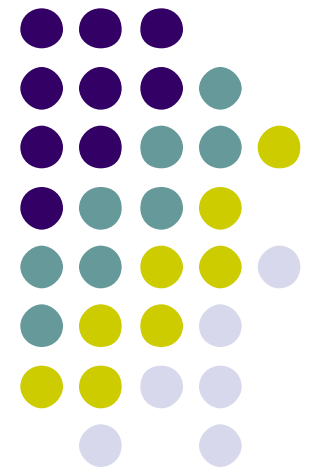
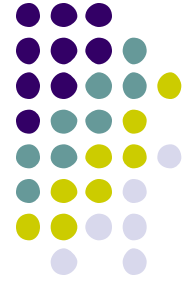


Motivation to Quit Smoking Among Relatives of Lung Cancer Patients

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Purpose

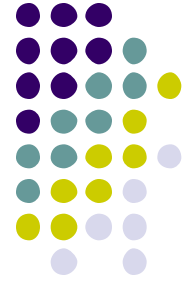
- To determine factors related to motivation to quit in a sample of tobacco-using family members of lung cancer patients.
 - Tobacco use patterns
 - Stage of change to quit smoking
 - Lung cancer risk perception
 - Lung cancer in their family
 - Demographics
- To describe their views toward cessation assistance
 - Interest in joining a Quit and Win Contest
 - Acceptability and appropriateness of being approached during relative's treatment



Background



- Lung cancer the second most common cancer and the most common cause of cancer-related death in both men and women in the U.S.
- Diagnosis of cancer an opportunity for smoking cessation among patients and their families
- Few studies on relative's perceptions of the acceptability of approaching them to quit using tobacco during the treatment phase of a loved one's disease or intervention studies on helping relatives quit



Methods

- Cross-sectional, non-experimental design
- Tobacco-using relatives (one per patient) of 30 patients recruited from Multidisciplinary Lung Cancer Clinic by member of Symptom Management and Palliative Care team, UK Markey Cancer Center
- Brief self-report survey (designed using Teleform, an automated data management system)
- Surveys faxed or scanned into Teleform





Sample Characteristics

- 77% Female
- 90% Caucasian
- 50% High School diploma or less
- 50% Unemployed
- Tobacco Use
 - 97% Cigarette smokers
 - 4% Cigar smokers
 - 13% Spit users

Inclusion Criteria: Current tobacco user (past 30 days); 18 years or older; relative of recently diagnosed lung cancer patient.



Measures

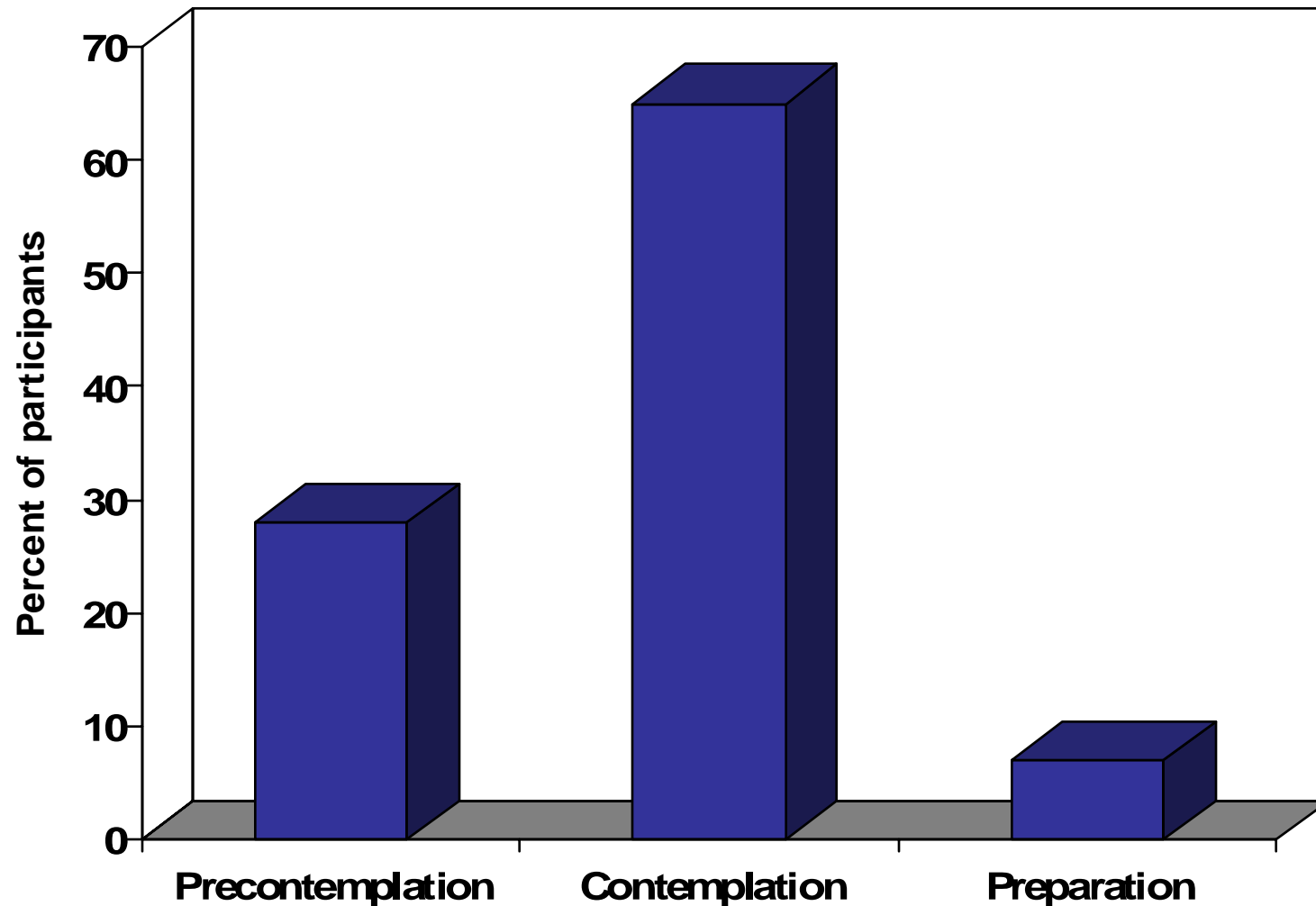
- Amount of tobacco used per day and tobacco use patterns
- Past quit attempts and Stage of Change
- Perception of cancer risk
- Effect of lung cancer in their family on their own quitting
- Views about participating in a Quit and Win Contest
- Acceptability and appropriateness of being approached during their relative's treatment for lung cancer
- Demographic characteristics



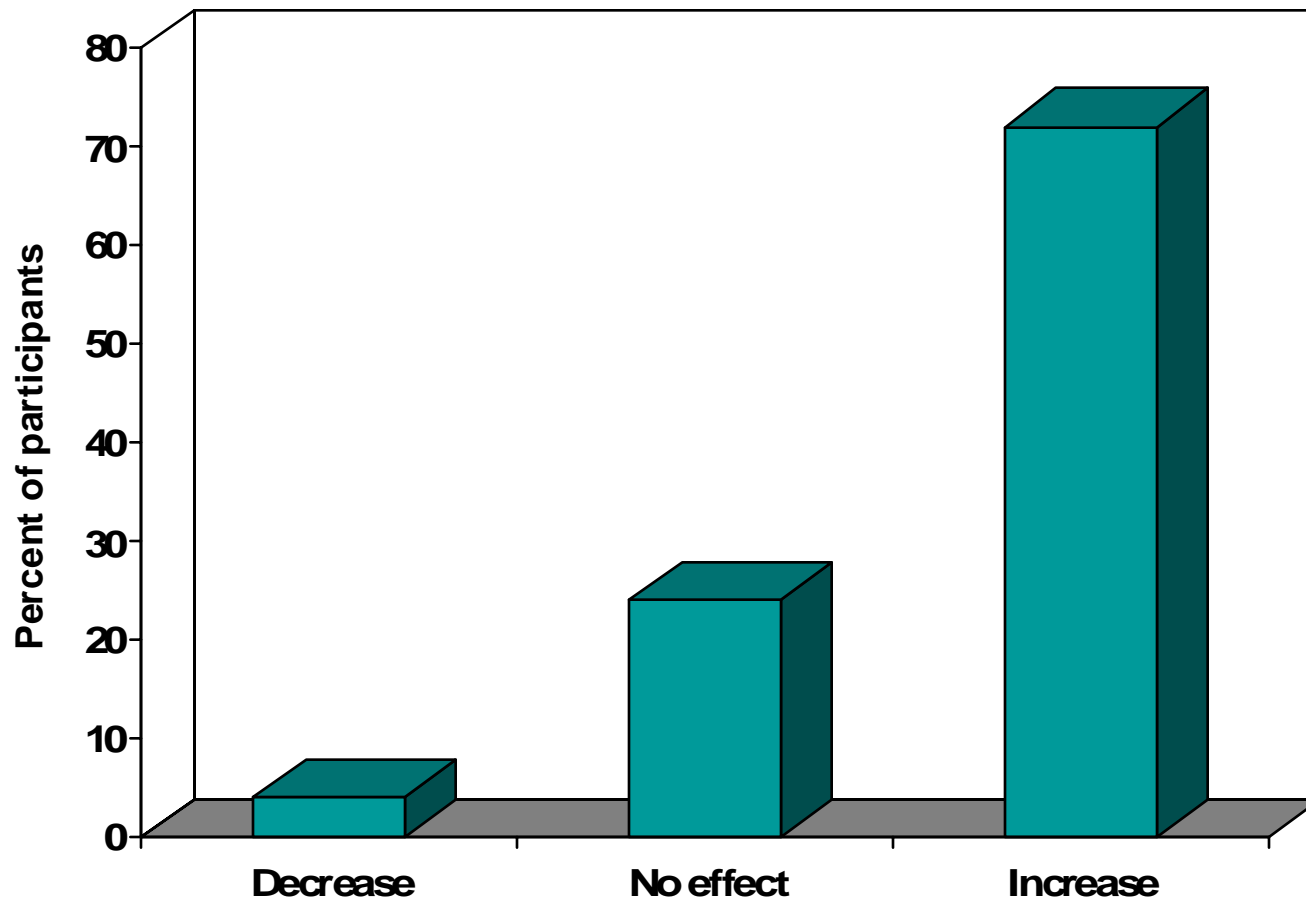
Findings

- Most cigarette smokers (72%) planned to quit in the next 6 months, and of these, 74% planned to quit in the next month.
- On a scale of 1-10, with 1 the lowest risk and 10 the highest, their average perceived risk of developing lung cancer in their lifetime was 6.1 ($SD = 2.8$).

Stage of Readiness to Change Tobacco Use Behavior



How has lung cancer in your family affected your motivation to quit smoking cigarettes?



Factors associated with motivation to quit using cigarettes

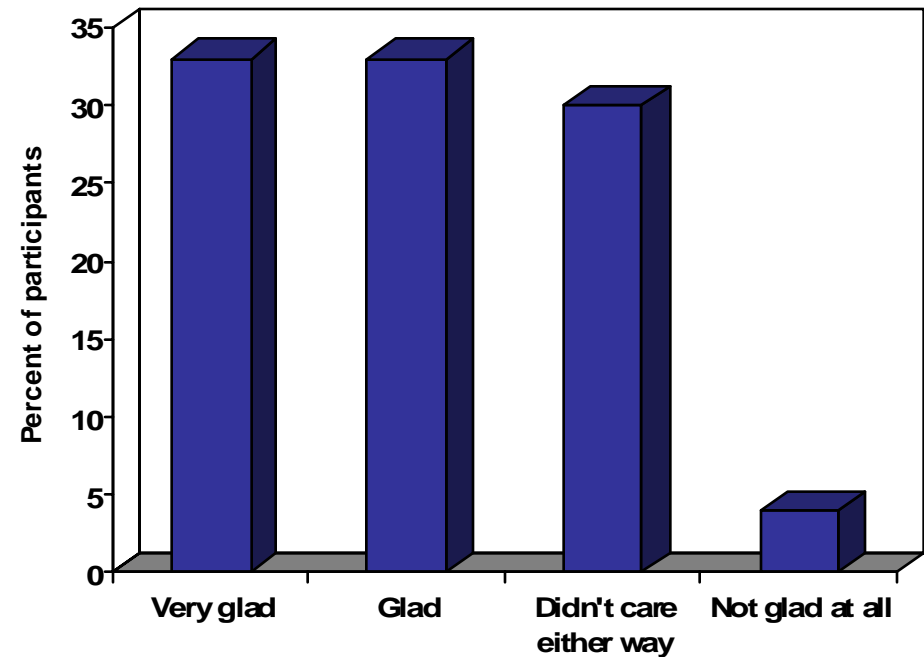


- While unrelated to demographic characteristics, degree of motivation to quit using cigarettes was positively correlated with both Stage of Change ($\rho=.52$, $p=.009$) and perceived risk of lung cancer ($\rho=.45$, $p=.04$).

Views toward Cessation Assistance

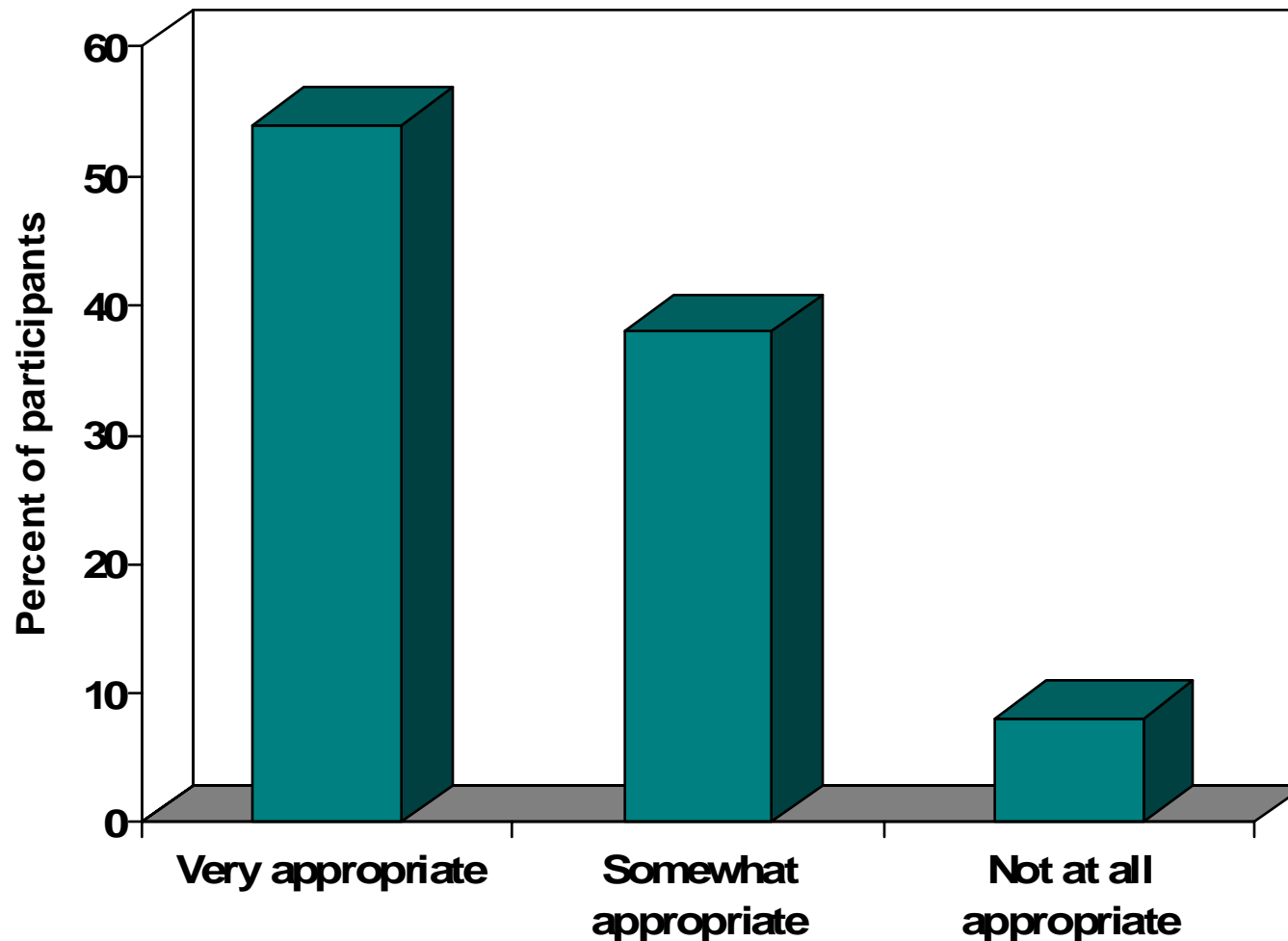


- More than two-thirds of the participants (69%) were somewhat to very interested in joining a Quit and Win cessation contest in the future



**How Glad Were You that
Someone Talked with You about
Quitting Smoking?**

How appropriate is it to talk with relatives of lung cancer patients about quitting?





Conclusions

- Tobacco-using relatives of lung cancer patients were seriously thinking about quitting, and their perceived risk of developing lung cancer increased their motivation to quit.
- Healthcare professionals who interact with families of lung cancer patients may be able to promote tobacco cessation in an at-risk group who is receptive and motivated to quit.





Implications for Practice

- The Clinical Practice Guideline, *Treating Tobacco Use and Dependence* (2000; <http://www.ahrq.gov/path/tobacco.htm>) can provide direction for the integration of evidence-based tobacco dependence treatment and into lung cancer treatment settings

