



Summer 2008

Issue 1, Vol. 1

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<http://www.doh.state.fl.us/family/mch/substanceabuse/Tobacco/tobacco.html>

# Clearing the Air

Welcome to the first issue of *Clearing the Air*, an online newsletter for pediatric and prenatal care providers.

"Our goal is to reduce prenatal and infant exposure to smoke"

## New Insights on SIDS Mechanisms Found

The *Medical News Today* reported on January 30, 2008 that new research found a "mechanism that explains why an infant's ability to respond to oxygen deprivation after birth, or an hypoxic episode, is dramatically compromised by exposure to nicotine in the womb, even light to moderate amounts."

**Read more at** <http://www.medicalnewstoday.com/articles/95593.php>

## Smoking before Pregnancy Raises Risk of Having a Baby with Congenital Heart Defects

In the study, *Maternal Smoking and Congenital Heart Defects* published by *Pediatrics*, "women who smoked at anytime during the month before they got pregnant to the end of their first trimester were more likely to deliver babies with certain congenital heart defects (CHDs) compared to women who did not smoke during this time period." In addition, the study concluded that maternal smoking during pregnancy was associated with septal and right-sided obstructive defects.

**Read more at** <http://pediatrics.aappublications.org/cgi/content/full/121/4/e810>

## Maternal Smoking Increases Risk of Pre-Eclampsia

The *Medical News Today* also reported on February 27, 2008 that women who quit smoking before or during pregnancy reduce their risk of *pre-eclampsia*. The researchers, Fiona Broughton Pipkin of the University of Nottingham and colleagues from the Genetics of Pre-Eclampsia Consortium, found that smokers were five times more likely to develop eclampsia.

**Read more at** <http://www.medicalnewstoday.com/articles/98658.php>

## Effects of Social Support for Women Who Smoke during Pregnancy

Elsenbruch, et. al. state that "birth weights of babies born to mothers who smoked during early pregnancy were markedly and significantly reduced in women with low support ( $3175 \pm 453$  g) compared to babies of smoking mothers with high support ( $3571 \pm 409$  g). Also, amongst smokers, the proportion of pregnancy complications was significantly higher in women with low support (34%) compared to those with high support (10%)." Healthy Start is a great resource for your patients who need additional social support.

**Read more at** <http://humrep.oxfordjournals.org/cgi/content/full/22/3/869>

## Your Pregnant, Smoking Patients Are Eligible for Healthy Start Services

**Healthy Start Risk Screening** - The [Healthy Start Prenatal Risk Screen](#) includes a question about smoking. Since all prenatal care providers are required to offer this screening to all their pregnant patients, this is an easy way to get information about a patient smoking. If your patient smokes, encouraging your patient to quit and remain smoke free yields health benefits for mom and baby. You can access the Healthy Start risk screening forms including those available in [Spanish](#) and [Creole](#) at <http://www.doh.state.fl.us/family/mch/hs/hs.html>.

**Healthy Start Smoking Cessation Services** – All pregnant women who smoke are eligible for Healthy Start smoking cessation services. Healthy Start staff can reinforce your smoking cessation message and provide information on smoking cessation services. To find out how to refer your patients for Healthy Start smoking cessation services, you may contact your local [Healthy Start Coalition](#) at <http://www.healthystartflorida.com/directory/directory.asp>.

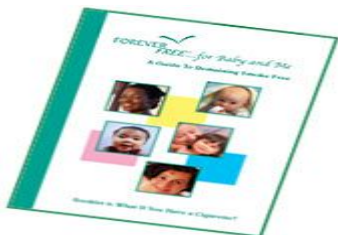


### Relapse Prevention

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More and more women are quitting smoking during their pregnancy. But up to 70% of them relapse after they give birth, putting both mother and infant at risk of smoking-related illness. A 10-booklet set of smoking relapse prevention materials entitled, **Forever Free for Baby and Me**, has been created for pregnant and postpartum women, and is based on research and interviews with women. The set includes a booklet for the woman's partner. If you are interested in viewing or ordering these booklets, please visit the following website, <http://www.moffitt.org/Site.aspx?spid=8391F9DDD83542B599ABA03F3F8E0B3E>



### Chantix Safety Alert

The Institute for Safe Medication Practices reports Chantix (Varenicline) “is suspected ... of causing a wide spectrum of injuries, including serious accidents and falls, potentially lethal cardiac rhythm disturbances, severe skin reactions, acute myocardial infarction, seizures, diabetes, psychosis, aggression and suicide.” For more information, you may go to <http://www.ismp.org/docs/vareniclineStudy.asp>, [http://www.tobacco-cessation.org/news\\_jun08.htm#spotlight](http://www.tobacco-cessation.org/news_jun08.htm#spotlight), and [https://www.pfizerpro.com/product\\_info/chantix\\_isi\\_about\\_letter.jsp](https://www.pfizerpro.com/product_info/chantix_isi_about_letter.jsp)

### Tools for Determining Whether to Recommend NRT Use to Your Pregnant Patients

Nicotine Replacement Therapy (NRT) was developed to promote tobacco cessation. Numerous NRTs exist. A recent review of research on NRT shows that nicotine replacement therapy improves quit rates by 50-70%. You may view a Medscape one minute video summarizing the study by clicking on the following url. <http://www.acog.org/cgi-shi/leaving.pl?http://www.medscape.com/viewarticle/573664?src=mp&spon=16&uac=60174FT>

### **Treating Tobacco Use and Dependence: 2008 Update**

The contraindications for pregnant women and their developing baby remain uncertain. For updated information on NRT use during pregnancy, you may go to *Treating Tobacco Use and Dependence: 2008 Update*, Chapter 7 Specific Populations and Other Topics by clicking below.

<http://www.ncbi.nlm.nih.gov/books/bv.fcgi?rid=hstat2.section.28504> .

### **Practical Pharmacotherapy Smoking Cessation**

Dr. Charles Bentz of the Providence Health System, Smoking Cessation, and Prevention program of the state of Oregon provides an overview of NRT and issues relating to using NRT during pregnancy. To view his slides, you may go to <http://www.helppregnantsmokersquit.org/assets/documents/Bentzpharmportland.ppt> .

### **Pharmacotherapy Treatments: Smoking Cessation Drug Classification and Dosages**

The Colorado Clinical Guidelines Collaborative developed a chart showing precautions, adverse effects, and dosage tips for various types of NRT. The chart can be found at:

[http://www.coloradoguidelines.org/pdf/tobacco/tobacco\\_guideline.pdf](http://www.coloradoguidelines.org/pdf/tobacco/tobacco_guideline.pdf) . Note that the chart was published prior to the recent alert about the dangers of Chantix.

## **Health Consequences of Secondhand Smoke (SHS)**

The Surgeon General recommends that every time you meet with a patient, you inform them about the dangers of secondhand smoke (SHS). Since it is estimated that the smoker only inhales 16% of cigarette smoke, the remaining 85% lingers in the air. You may remind your patients to stay away from smoking places. It is also important to empower your patients to tell their partners, friends or relatives not to smoke inside the house, car, or around your patient. More information on how to promote a smoke-free home is available at <http://www.epa.gov/iaq/ets/>. The Surgeon General's report on the health consequences of secondhand smoke is accessible at: <http://www.surgeongeneral.gov/library/smokeexposure/report/fullreport.pdf> .

## **PRENATAL TOBACCO CESSATION RESOURCES**



### **Three Ways to Contact the Florida**

**By Phone - 1-877-U-CAN NOW:** The [Florida Tobacco Quit-For-Life Line](#) is a 24/7 hotline that offers free, confidential and comprehensive telephone counseling to help pregnant women and others quit smoking or chewing tobacco. It is a toll-free hotline for Florida residents. The hotline is available in English, Spanish, Haitian-Creole and other languages. TDD is available for the hearing impaired. The provider may obtain information on Quitline brochures and **free promotional items** at [http://www.doh.state.fl.us/tobacco/Hlthcare\\_Prov.html](http://www.doh.state.fl.us/tobacco/Hlthcare_Prov.html).

**By Fax:** You or others may download the FAX to Quit Form and discuss it with your patient. If your patient is interested, she may complete the form and you may fax it to the Quitline from your office. A counselor will call your patient after receipt of the Fax Form. For more information on the Fax Form, you may go to [http://www.doh.state.fl.us/tobacco/Hlthcare\\_Prov.html](http://www.doh.state.fl.us/tobacco/Hlthcare_Prov.html) .

**Online ([www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com)):** For the first time, people can contact the Quitline online at the TobaccoFreeFlorida.com. People may enter their phone number then click the "Call Online Now" icon, and be automatically connected to a representative. This option may appeal to people who do not have regular landline telephones. Users also have the ability to schedule their call with a representative by submitting an online form. The Quitline also offers free nicotine replacement therapies such as nicotine patches, gum, and lozenges. Click <http://www.tobaccofreeflorida.com/english/> .

## Tobacco Free Florida

The Department of Health recently launched a \$17M anti-tobacco campaign. The initial series of ads educate consumers on tobacco cessation, the dangers of smokeless tobacco, smoking during pregnancy, and will encourage businesses to comply with the Florida Clean Indoor Air Act.

The Tobacco Free Florida website ([www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com)) provides comprehensive resources for both smokers and non-smokers. It provides smoking cessation tools, educational and media campaign materials in print, billboard, electronic, audio and video formats. In addition, the site features all the interactive components of the campaign, free music downloads from Florida bands and broadcast commercials.

Click on the logo below to enter the website.



## Smoking Cessation Models to Integrate into Your Tobacco Treatment Practice

In May, the Surgeon General released *Treating Tobacco Use and Dependence: 2008 Update*. The update retains the recommendation that care providers use a 5 As approach to smoking intervention. To read the full update, you may go to <http://www.ncbi.nlm.nih.gov/books/bv.fcgi?rid=hstat2.chapter.28163>. The following article discusses two 5 As models tailored specifically for use with pregnant women. The MYFSF model also includes a component for new mothers.

**The American College of Obstetrics and Gynecologists adapted the 5 As model** for use with pregnant women. The steps are: **A**sk the patients smoking status, **A**dvice the patient to consider quitting smoking, **A**ssess the patient's willingness to attempt to quit within the next 30 days, **A**ssist the patient by providing pregnancy-specific self-help materials, and, **A**rrange schedule of visits and or referrals. You may go to [http://www.acog.org/departments/dept\\_notice.cfm?recno=13&bulletin=1863](http://www.acog.org/departments/dept_notice.cfm?recno=13&bulletin=1863) for a detailed explanation of this model or to <http://www.helppregnantmokersquit.org/assets/documents/adapt5as.pdf>. For free CME training on this model, you may go to <http://www.gnahec.org/tobacco/>.

**The Make Yours a Fresh Start Family (MYFSF) model advises providers to STAGE:** – **S**urvey, **T**ailor, **A**ssess **G**uide and **E**valuate tobacco use. The MYFSF magazines are appealing to those of all reading levels, but are written to be understood by those with low literacy skills. You may access free online training on tips for using MYFSF at <http://www.gnahec.org/tobacco/>. To get a list of educational materials on smoking, you may go to: <http://www.gnahec.org/tobacco/Materials%202007/MCH%20Prenatal%20Smoking%20Cessation%20HS%20%20MYFSF%20Resources1.pdf>.

Your local AHEC may be providing CME training on using one of these components. To locate the AHEC serving your area, you may go to <http://www.nationalahec.org/Directory/AHEC-HETCDirectory.asp#Florida>.

### The 2 As + R Model

The American College of Obstetricians and Gynecologists (ACOG) endorses use of the 2 As and 1R model during times when you just cannot spend five minutes on the full 5 As model. The intervention can be done in three minutes. It works the same as the 5 As model except that you will only need to:

- **ASK** – Ask your patient to choose the statement that best describes her smoking status:
  1. I have never smoked or have smoked less than 100 cigarettes in my lifetime
  2. I stopped smoking before I found out I was pregnant, and I am not smoking now
  3. I smoke some now, but I have cut down on the number of cigarettes I smoke since I found out I was pregnant
  4. I smoke regularly now, about the same as before I found out I was pregnant
- **ADVISE** – Advise your patient to consider quitting and provide resources on how to quit smoking
- **REFER** – Refer your patients to the Quitline and [Healthy Start's](#) smoking cessation services
- Document your referrals

## Hillsborough's ZEP Offers Prenatal Smoking Cessation and Media Materials



**[Zero Exposure Project](#)** (ZEP) offers you free smoking cessation resources and media campaign materials. You can access free Zero Exposure Project materials for your patients at <http://www.zeroexposure.org/index.cfm/fuseaction/Involvement.Materials>

## FACTS: Smoking and Pregnancy in Florida

According to the just released 2007 Annual Report of Florida Department of Health Bureau of Tobacco Prevention Program:

- There are 18,700 births in Florida affected by smoking each year
- A total of \$31.8 million in healthcare costs are associated with smoking during pregnancy
- 53.6% of women who smoked before they became pregnant quit while pregnant
- 35.2% of women who abstained from smoking during their pregnancies resumed smoking after delivery
- 7.55% of all women who gave birth in Florida reported smoking during all or part of their pregnancy

The complete 2007 Annual Report can be viewed at: <http://www.doh.state.fl.us/Tobacco/Rpts-Pubs.html>

The national report of the Center for Disease Control and Prevention on the prevalence of smoking during the last three months of pregnancy is available at:

<http://www.cdc.gov/nccdphp/publications/factsheets/Prevention/smoking.htm#reference#reference>

## TRAININGS

**Florida Department of Health and Florida Area Health Education Centers (AHEC) offer online training and free CMEs** – Two audio teleconferences on smoking cessation can be heard at: <http://www.gnahec.org/tobacco/> and [http://www.acog.org/departments/dept\\_notice.cfm?recno=13&bulletin=1863](http://www.acog.org/departments/dept_notice.cfm?recno=13&bulletin=1863)

The website also includes handouts on prenatal smoking cessation.

### **American College of Obstetrics and Gynecologists (ACOG)**

ACOG offers CME online training at: [http://www.acog.org/departments/dept\\_notice.cfm?recno=13&bulletin=1863](http://www.acog.org/departments/dept_notice.cfm?recno=13&bulletin=1863)

You may also check with your local **AHEC** to find out when their next in-person training is.

<http://www.nationalahec.org/Directory/AHEC-HETCDirectory.asp#Florida>

## YOUR RESOURCE LIST

### **American College of Obstetrics and Gynecologists**

This site includes a clinician's guide, slide lectures and notes to download, patient education materials, posters, and links to other useful sites.

[http://www.acog.org/departments/dept\\_notice.cfm?recno=13&bulletin=1863](http://www.acog.org/departments/dept_notice.cfm?recno=13&bulletin=1863)

**American Lung Association** - The American Lung Association (ALA) offers Freedom from Smoking clinics. For information about Freedom from Smoking clinics being offered in your community, contact the ALA at 1-800-Lung USA (1-800-586-4872). The ALA also offers Freedom from Smoking clinics on-line. This service is free of charge and available 24 hours per day, seven days per week. To access on-line Freedom from Smoking clinics, go to the National ALA web-site at <http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=33484>

### **Centers for Disease Control and Prevention**

This site provides a wealth of information on smoking during pregnancy. It includes statistics, fact sheets and additional resources. <http://www.cdc.gov/reproductivehealth/MaternalInfantHealth/related/SmokingPregnancy.htm>

**Treating Tobacco Use and Dependence: 2008 Update** – The guide is available from the Agency for Healthcare Research and Quality. Call (800) 358-9295 or find online at

<http://www.ncbi.nlm.nih.gov/books/bv.fcgi?rid=hstat2.chapter.28163> .

### **Florida Department of Health Websites**

Division of Health Access and Tobacco - [http://www.doh.state.fl.us/Tobacco/tobacco\\_home.html](http://www.doh.state.fl.us/Tobacco/tobacco_home.html)

**Florida Quit for Life Line FAX Referral Form** You can access this form at [www.fl.com](http://www.fl.com)

**Healthy Start Smoking Cessation Services** – to find Healthy Start services in your community, you may go to <http://www.healthystartflorida.com/directory/directory.asp>

### **Surgeon General Tobacco Cessation Guideline**

This site has tips for pregnant smokers who want to quit and the Surgeon General's Tobacco Cessation Guidelines for healthcare professionals. <http://www.surgeongeneral.gov/tobacco/>







### **Take the Smoke-Free Home Pledge**

This campaign provides encouragement and pledge cards to reduce second hand smoke exposure. Call 1 (800) 513-1157. Web: [www.epa.gov/iaq/ets](http://www.epa.gov/iaq/ets)

### **The National Partnership to Help Pregnant Smokers Quit**

The National Partnership includes a coalition of organizations that have united to help decrease the number of pregnant smokers. Resource materials for healthcare professionals are provided on this site. <http://www.helppregnant smokersquit.org/channels/providers.aspx>

## ADDITIONAL RESOURCES

|  |  |
|--|--|
|    | <b><u>Within 20 Mins of Quitting Poster</u></b><br>This poster describes what happens to your body after quitting smoking<br><a href="http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2004/posters/20mins.htm">http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2004/posters/20mins.htm</a>   |
|    | <b><u>Protect Yourself from Secondhand Smoke</u></b><br>This poster includes information on how secondhand smoke exposure affects those who don't smoke. <a href="http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2006/sgrposters.htm">http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2006/sgrposters.htm</a>   |
|    | <b><u>Secondhand Smoke Is Dangerous to Children</u></b><br>This poster includes information on how secondhand smoke exposure affects infants and children. A limited supply of these posters with Florida's number is available from DOH. To order one or two, email <a href="mailto:Trish_Mann@doh.state.fl.us">Trish_Mann@doh.state.fl.us</a> .<br><a href="http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2006/sgrposters.htm">http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2006/sgrposters.htm</a> |
|    | <b><u>Secondhand Smoke Is Toxic</u></b><br>This poster identifies information on the health effects of some of the more than 4,000 chemicals contained in secondhand smoke,<br><a href="http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2006/sgrposters.htm">http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2006/sgrposters.htm</a>   |
|  | <b><u>5 As Pocket Guide</u></b><br>You can order this guide from the Florida Department of Health warehouse by calling phone number (850) 414-8086. Item number is DH 150-966, 5733-966-0150-1   |
|  | <b><u>The Surgeon General's Report on the Health Consequences of Involuntary Exposure to Tobacco Smoke</u></b><br>You can read the report at <a href="http://www.surgeongeneral.gov/library/secondhandsmoke/report/">http://www.surgeongeneral.gov/library/secondhandsmoke/report/</a>   |

For more information, contact:

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