

Primary Care-based Patient Navigation to Promote Smoking Cessation Treatment Project Summary

Cigarette smoking is a highly significant health threat, responsible for more than 430,000 deaths each year. Low-income persons and racial/ethnic minorities are at particularly high risk, smoking at greater rates and having greater tobacco-related morbidity and mortality than other persons. Yet poor and minority smokers are less likely to receive advice to stop smoking or to use tobacco cessation services. Using non-physician members of the health care team as patient navigators to connect low-income and minority smokers to evidence-based tobacco treatment services is a promising approach. Patient navigators are lay persons from the community, working as paid employees, who are trained to guide patients through the health care system to receive services. Information on the efficacy of patient navigation to connect vulnerable patients to smoking cessation services is needed. We are conducting a pilot study to determine the feasibility and acceptability of Patient Navigation. We will recruit 30 adult smokers engaged in primary care and conduct assessments at baseline and at 3 months.

Specific Aims:

- To develop a system of patient navigation in a primary care clinic setting, to promote engagement in smoking cessation treatment for poor and minority smokers
- To determine whether patient navigation increases the rates at which primary care patients engage in smoking cessation treatment
- To determine whether patient navigation increases rates at which primary care patients quit smoking, defined as biochemically verified self-report of 7-day point prevalence at six months.

Publications

Quintiliani LM, Russinova ZL, Bloch PP, Truong V, Xuan Z, Pbert L, Lasser KE. Patient navigation and financial incentives to promote smoking cessation in an underserved primary care population: A randomized controlled trial protocol. *Contemp Clin Trials*. 2015 Nov;45(Pt B):449-57. doi: 10.1016/j.cct.2015.09.005. PubMed PMID: 26362691.