

TOBACCO CESSATION IN PREGNANCY FOLLOWING STANDARDIZED EDUCATION IN RESIDENCY TRAINING.

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Objective:

The purpose of this study is to assess obstetrics and gynecology (OBGYN) residents' awareness and comfort level with tobacco cessation counseling after standardized education, in an effort to increase referrals for AHEC (area health education center) tobacco cessation programs in hopes of decreasing tobacco use among expectant mothers.

Methods:

OBGYN residents at UF Health Jacksonville were given a 10 question anonymous, voluntary survey that addressed their knowledge and comfort level with tobacco use in pregnancy and comfort with tobacco cessation resources. This was followed by a 1 hour lecture where residents were provided with more detailed information on tobacco cessation counseling. A post lecture survey was repeated to assess whether a change in knowledge and comfort level were achieved. Comparison between pre and post intervention were investigated using the Fisher's exact test and chi-square. All analyses were done in SAS for Windows version 9.4

Results:

The pre and post-intervention surveys yielded a response rate of 86% and 78% respectively. Prior to our intervention 85% (17/20) of residents routinely screened their patients for tobacco use. This number increased to 100% (18/18) after our intervention. 15% (3/20) of residents were aware of AHEC and the free resources they have on tobacco cessation pre intervention; 100% (18/18) reported being aware of AHEC post intervention. There was significant change in the residents' satisfaction with their received training in tobacco cessation from 0% (0/20) pre-intervention compared to 44% (8/18) post intervention. Prior to our intervention 0 out of 220 (0%) obstetrics patients were referred to AHEC; after our intervention a total of 22 out of 220 (10%) obstetrics patients were referred to AHEC from the period of November 2015- March 2016.

Conclusions:

This project shows that standardized education in tobacco cessation in residency training leads to an overall increase in patient screening by residents, improved resident satisfaction of training received and comfort level in counseling patients on tobacco cessation.