

September 21, 2007
QUITCENTER MEETING
MINUTES

Present: UMDNJ-TDC/New Brunswick-Jonathan Foulds, Donna Richardson, Jose Cruz, Michael Steinberg. BBHN- Tracy Gross, Helene Long. Virtua Health-Cynthia Grant, Doug Marshall. UMDNJ/SPH-TSERP-Dan Gunderson. Somerset Medical Center-Chris Kotsen. Mercer County Quitcenter- Marc Steinberg. Monmouth County Correctional- Emma Williams. Christ Hospital-Karuri Munene, J. Lilian Valbuena. UMDNJ-TDC/Newark- Heather Jordan. St. Francis MC- Connie Wilson. (n=16)

I. Summary of minutes- Quitcenter Meeting Minutes are posted on Tobaccoprogram.org.

- a. Fax to Quit-How many referrals & appointments are Quitcenter getting?
 - 1. Somerset - internal referrals 2 for 2
 - 2. St. Barnabus –not very successful out 40 referrals schedule 6 appts with 2 showing up.
 - 3. UMDNJ-TDC – low but not zero
- b. Quitnet-encourage clients to use Quitnet, this is an effort to steer smokers to use all resources available to help them quit.

II. NJ DHSS- news from CTCP –not present

III. Transdermal Selegiline Study Presentation by Jill Williams –UMDNJ/New Brunswick

The purpose of this research study is to compare the effectiveness of potentially new quit smoking medication vs. placebo medication. Benefits include a comprehensive medical evaluation, medication and medical care as part of the study provided at no cost. Volunteers will receive financial compensation. For more information please contact **Dr. Jill Williams @ 732-235-3904**. This study is being funded by the National Institute on Drug Abuse, National Institutes of Health.

IV. Clinical issues: (Chris Kotsen)

- a. CK- Clinical issues involved in cessation with Bipolar/Schizophrenia patients and their Psychotropic meds. How quick should their meds be adjusted?
 - JW- These patients should see their psychologist immediately.

VII. Other Business-

Donna Richardson – Tobacco Dependence Clinic UMDNJ

Our numbers improved in August and September when we started giving away the first box of patches or gum. We believe this had an impact in the numbers as well as the hospital study. We have one off-site group and our challenge is charging market rate for cessation services. State wide agency for foster and adoptive parents, is doing an information session on providing cessation treatment their clients. These parents have relationship with DYFS which has regulations about foster parents smoking in their house and cars.

JF-Part of the intervention for people caught smoking with children in their automobiles will be done at the time the police stop the driver. The officer will give them information about stop smoking. If this is getting discussed at your local municipalities then its worth getting the word out about the NJ quitcenters.

JF/TDP - Chantix-more bizarre behavior cases are being reported by Chantix users. Very few patients are experiencing psychiatric problems in our clinic.

JW- Working with NJ Psychiatric hospitals on going smoke free. Greystone will be the first and Dr. Williams would like to link the hospitals to their local Quit Centers for cessation services. You can provide Dr. Williams with materials to pass on to the hospitals. The division of mental health is considering giving a free box of NRT to assist the staff with quitting. Dr. Williams will send the PDF

toolkit on how to get mental health systems to start treating tobacco to the treating tobacco listserv. Trenton Psychiatric hospital is going smoke free early 2008.

Helen Long & Tracy Gross - St. Barnabus

In collaboration with ASC -invited local government and companies to attend an event “Employers Win when smokers Quit “.

Cynthia Grant/Virtua - Started a cessation group at Southern Ocean County Hospital which is going smoke free as of September 24th. During an offsite presentation the carbon monoxide monitor began recording readings in the room. The building manager called 911 and the building was evacuated. The Fire department’s carbon monoxide machine recorded high levels through out the warehouse. It turned out there was a fault with the ventilation system. This story ran in local area newspapers and Virtua’s HR newsletter.

Doug Marshall –Virtua

The Treating Tobacco listserv is very helpful as he is able to update the hospital staff on current tobacco information.

Receiving \$1000. for doing a cessation group for parents, of one the YQ2W Schools.

Tracked 237 staff or family members since going smoke free and is able to get data from HR about what benefits are being used.

Virtua currently have co-payments waived for some smoking cessation meds.

Burlington county college contacted us for services – not interested in paying for services. Getting organization to pay for our off-site services continues to be a problem.

Heather Jordan-UMDNJ/Newark

Numbers are increasing and continue to receive referrals for people who want to quit smoking. We are currently working with NJCRI- NJ Community Resource Initiative to implement a smoking cessation program for their employees. They have received a grant from ACS and we will begin on Oct 1, with a lecture and will continue as a lunchtime cessation group. These services can potentially expand to NJCRI’s clients who are primarily HIV/Aids patients.

Michal Steinberg - UMDNJ-New Brunswick

Donna/Amy – started recruiting for the hospital base Chantix study. This is a randomized clinical trial for hospitalized smokers to get started on medication Chantix or placebo while they’re in the hospital. This is opening avenues with the hospital and getting the program noticed. Presences in the hospital increase referrals and a flow of patients which hopefully turn into patients coming into the clinic for treatment. The number of people admitted to the hospital who are smokers is high, but very time consuming to get to them. Getting to the patients as close to their admissions dates as possible is very challenging and they may not be assessable because of their clinical status.

Marc Steinberg UMDNJ-Mercer

The beginning of the summer we barely had people trickling in and now things are picking up with our research study. They receive \$30 immediately and \$90 over six months.

Karuri Munene & Lilian Valbuena/Christ Hospital-Numbers are not high. Doing a 6 wk cessation group with an internal Women’s program and has been extended to 8wks. Following up with hospital patients as respiratory is now contacting us for bed side intervention services. KM - arranged a cessation group with the Episcopalian church which owns Christ Hospital. We continue to do

community health fairs and give out information to draw people into the clinic. We would like to provide services to corporations. Follow up with ACS for information on their services as well.

Jose Cruz- Proyecto Vida

We are focusing on outreach for Latinos with a more effective way of advertising and marketing. We are incorporating themes such as; soccer banners and flags. We are making the web site more welcoming into an international forum. I have contacted physicians in Central and South America who are sending articles and information on how smoking is perceived in these countries. This gives an opportunity for people who go on Proyecto Vida's website to see what's happening in their countries. Also I am looking for opportunities for stronger partnerships with faith base organizations.

Emma Williams - Monmouth County Correctional.

Doing cessation group in the MCC-inmates are receptive to the information about smoking. She is pursuing a master's degree in human services and her thesis is on nicotine addiction in the substance abuse population. Created surveys and distributed them to her group which is the target population. Questions on the survey are about whether nicotine addiction is a problem in their facility as MCC has been tobacco free since 2000. The inmates are not allowed to smoke, however they still have and are dealing with nicotine addiction.

Connie Wilson-St. Francis

Not a NJ QC – they offer groups in house. People shy away from the word group, changed the approach from smoking cessation to smoking awareness. Receive more requests for one on one cessation counseling. There is correctional facility at this hospital that isn't allowed to smoke. However, the officers do. Need to reach out not only to the patients but staff, family and contractors. St. Francis is going smoke free in January 2008 and the hospital made arrangements with our insurance provider to provide coverage for Chantix. Staff in the Psychiatric unit feel it's difficult to implement smoke free policy with this population.

Chris Kotsen-Somerset Medical Center reports: Submitted a proposal to get a floating clinician from the community health department to assist in the QC for Latino patients. Affinity Federal Credit Union Presentation was a very interesting talk. Ten people attended. This was to promote on site corporate cessation groups and educate HR directors about covering cessation treatment.

Somerset Medical Center has announced a smoke free campus (trying to enforce this by January, 2008), this creates issues with employees and visitors smoking on community sidewalks. Last year HR got prescription meds covered, wellness benefits where employees get one box of patches and reimbursement for the counseling at the Quitcenter. CK- is trying to get the hospital gift shop to sell individual pieces of gum to visitors.

No Quitcenter meeting in October.

NEXT QUITCENTER MEETING IN NEW BRUNSWICK WILL BE 9.30-11.30am, FRIDAY November 9, 2007.

Next Grantee Meeting October 31, 2007, 10AM – 3PM at Brookdale Community College, Lincroft, NJ.

Next QC meeting ACS 1 hour Advocacy training starting @ 9:30am

Please send items for the agenda to Lisa Underwood: lisa.underwood@umdnj.edu

From now on the minutes will be recorded and posted on www.tobaccoprogram.org