

IMPACT OF ONLINE TOBACCO CESSATION COURSE ON VETERAN ENGAGEMENT IN TOBACCO

CESSATION SERVICES

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Three in ten U.S. military veterans used tobacco between 2010 and 2015. From August 1st, 2018 to August 1st, 2019, only 44 veterans utilized an on-site tobacco cessation services at the Kansas City VA Medical Center and only 5 of the 44 attended more than once. Online smoking cessation programs combined with pharmacotherapy are effective at improving patient engagement and quit rates.

The purpose of this study is to evaluate the impact of an online tobacco education course on increasing veteran engagement in VA tobacco cessation services. This study also aims to evaluate quit rates, reduction in tobacco use, pharmacotherapy used, and patient satisfaction.

Veterans that utilized secure messaging within My HealtheVet during 2018 or 2019 and had a positive smoking clinical reminder within the past 6 months were eligible for inclusion. Veterans were emailed about the course through My HealtheVet and encouraged to respond if interested. Interested veterans were scheduled into a pharmacist-managed phone clinic. Number of veterans utilizing the course at 2, 4-6, and 12 weeks will be assessed to evaluate the primary endpoint. Number of veterans who have quit tobacco or reduced use at each time point, number of veterans utilizing pharmacotherapy, and number of veterans who strongly agree about positive attributes of the course will be assessed to evaluate secondary endpoints. Data will be gathered over 6 months.

The results of this study could influence implementation of the online tobacco cessation course into VA tobacco cessation services.

Learning Objective:

- Describe the impact of an online tobacco cessation education course on veteran engagement in VA tobacco cessation services.