

# « PHARMACIST AND SMOKER »

## A TRAINING PROGRAM FOR FRENCH PHARMACISTS ON PRACTICAL ASPECTS OF SMOKING CESSATION

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### CONTEXT AND OBJECTIVES

After nicotine replacement therapy has been available without prescription in France, a national training program for community pharmacists has been elaborated to help them in their widened mission. The objective was to implement a practical training in order to help pharmacists in the follow up of smokers during each step of tobacco cessation.

### TRAINING PROGRAM

#### PARTNERS

##### 3 national societies :

- Sanitary and Social Education Committee for French Pharmacy (Cespharm)
- French Committee for Health Education (CFES)
- Continuing education association for French pharmacists (UTIP)

##### > Conception, coordination, implementation, logistic

##### 4 pharmaceutical companies involved in smoking cessation :

- Novartis Santé Familiale S.A.
- Pharmacia
- GlaxoWellcome (GlaxoSmithKline Group).
- SmithKline Beecham Santé & Hygiène (GlaxoSmithKline Group).

##### > Sponsoring

#### CONTENT

The training program's content was defined by a national questionnaire sent to French community pharmacists in May, 2000. It focused on :

- the approach of smokers,
- the initiation of smoking cessation,
- the pharmacological and psychological follow-up of "smoker" during cessation.



FIG. 1

### ASSESSMENTS

1810 pharmacists from 35 areas of France have been trained between October 2000 and December 2001 (Fig. 1).

#### SATISFACTION EVALUATION

Participants' satisfaction has been evaluated by a questionnaire filled in after each session. A great satisfaction of pharmacists was noted, with a mean mark of 3,4 out of 4.

#### KNOWLEDGE EVALUATION

Acquired knowledge was evaluated by filling out the same questionnaire (an anonymous multiple choice question paper) before and after each session (1272 pre-tests ; 1246 post-tests). The questions concerned : knowledge of tobacco products, initiation of smoking cessation (evaluation of dependence rate, encouragement of smoking cessation, directing some smokers to a specialised consultation), knowledge of pharmacological tools for smoking cessation and follow-up of "smokers" during cessation by pharmacists.

##### KNOWLEDGE OF TOBACCO PRODUCTS

97% of pharmacists after the training sessions knew the pharmacokinetics of inhaled nicotine against 68% of them before education.

##### INITIATION OF SMOKING CESSATION (FIG. 2)

- 84% of pharmacists after education (against 40% of them before education) knew the two most important questions of the Fagerström test in order to evaluate smokers' nicotine dependence rate.
- 72% and 73% of pharmacists respectively before and after education claimed they encourage young mothers to stop smoking and alert them to risks of passive smoking for their baby.
- 89% of pharmacists after education (against 80% of them before education) indicated they engaged smokers with past or current clinical depression to consult a smoking cessation specialised physician ("tobaccologist").

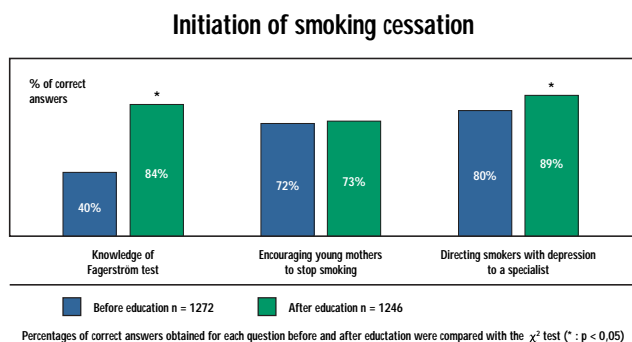


FIG. 2

##### KNOWLEDGE OF PHARMACOLOGICAL TOOLS FOR SMOKING CESSATION (FIG. 3)

- After education, 51% of pharmacists gave correct answers to all propositions concerning nicotine replacement therapy (patches, gums or sublingual tablets) against 25% of them before the training session.
- 22% and 61% of pharmacists respectively before and after education knew the bupropion.

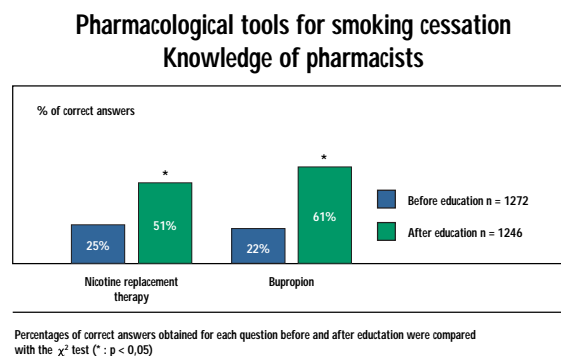


FIG. 3

##### FOLLOW-UP OF SMOKERS DURING CESSATION (FIG. 4)

- 91% of pharmacists after education knew the advised periodicity for the follow-up of "smokers" during cessation in community pharmacy. They were 75% before the training sessions.
- 7% and 47% of participants respectively before and after education gave correct answers to all propositions concerning advice to be given to resist to smoking craving periods.
- After education, 59% of pharmacists knew the interest and use of a follow-up chart to support "smokers" during cessation against 30% of them before education.

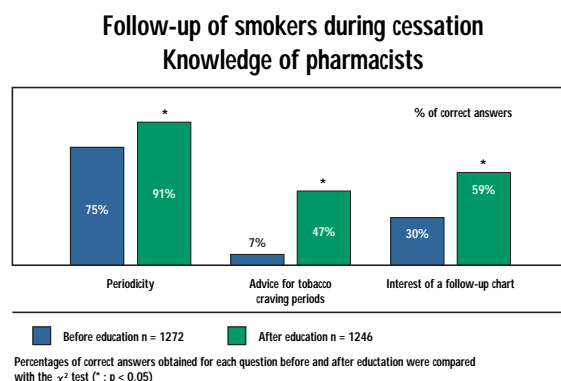


FIG. 4

### CONCLUSION

This training program has been elaborated within the framework of a partnership between institutional organisations and pharmaceutical companies all involved in smoking cessation. The evaluation data highlight the great satisfaction of pharmacists and the immediate and important benefits of this program on their acquired knowledge. Such a training program should contribute to the quality of pharmaceutical care of people willing to quit smoking.