

A Smoking Cessation Intervention for People with Chronic Hepatitis C:

A Randomised Controlled Trial

A faint, light blue background image of a medical endoscope, showing its long, flexible tube and control handles, positioned vertically on the left side of the slide.

Research Team

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and

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Acknowledgments:

- Merck, Sharpe & Dhome (Aust) Pty Ltd;
- Joanne Mina, RN Olivia Cullen, RN & the Nurses and staff from the Gastroenterology Department.

Background & Aim of Study

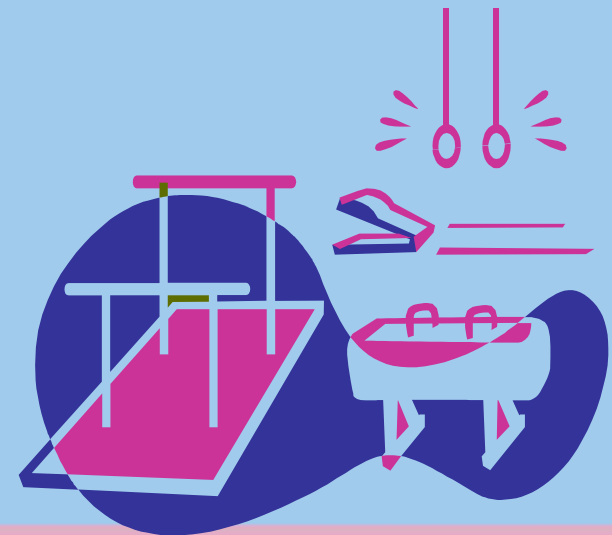
- Adversely effects liver disease
- Recommend Smoking cessation
- Evidence based practices

Aims

1. the validity of current practice
2. its applicability.

Study Design

A randomised controlled trial with parallel groups

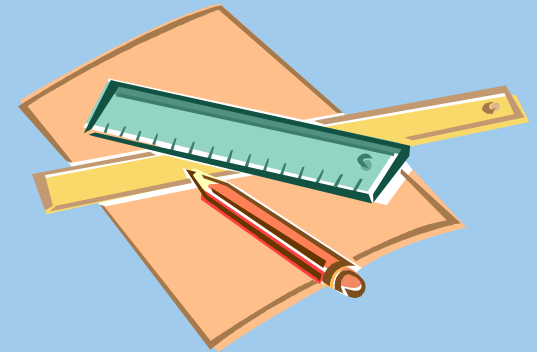


Inclusion Criteria & Recruitment



Sample Size & Measurements

1. Socio-demographic questionnaire
2. The Fagerstrom test for nicotine dependence
3. DASS-21
4. WHOQOL_Bref



Interventions



- Telephone counselling (Control)
- Telephone counselling and nicotine replacement therapy (Intervention)



Results

Smoking Cessation

Time	Have you quit smoking	Intervention	
		Control	Intervention
6 weeks	Yes	3 (12.5%)	4 (16.0%)
	No	21 (87.5%)	21 (84.0%)
12 weeks	Yes	3 (11.1%)	7 (22.6%)
	No	24 (88.9%)	24 (77.4%)

Results (Cont)

Change in cigarettes smoked adjusted for heaviness of smoking

	Group	T1-T2						T1-T3					
		N	Mean	95% CI		F	p-value	N	Mean	95% CI		F	p-value
				upper	lower					upper	lower		
Group	Tele/C	24	5.0	2.0	7.9	0.001	0.971	27	1.6	-1.9	5.2	2.983	0.090
	NRT	25	4.9	1.9	7.8			31	5.8	2.4	9.3		
Heaviness of smoking	<15	22	2.1	-1.0	5.3	7.089	0.011	23	1.3	-2.6	5.1	3.858	0.055
	15+	27	7.7	1.4	4.9			35	6.2	3.0	9.3		

NB (I) = Intervention group

Results (Cont)

- DASS 21
- WHOQOL- BREF



CONCLUSIONS

- **Limitations**
- **Implications for Practice**
- **Implications for Research**
- **Recommendations**

Questions

