



## Facilitating Tobacco Dependence Treatment Through Nursing Education: An Evidence-Based Practice Educational Intervention

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### Abstract:

**Purpose and objectives:** The purpose of the evidence-based practice educational intervention was to increase nursing students': (a) knowledge of tobacco, tobacco dependence, and available evidence-based tobacco dependence treatments; (b) skills to counsel patients to quit tobacco; and (c) self-efficacy to treat tobacco dependent patients.

**Background/Significance:** Approximately 480,000 Americans die every year of tobacco related illnesses. Tobacco dependence is a major public health issue, and a chronic relapsing condition that requires intervention with effective treatments. Nurses are in a unique position to make an enormous impact in tobacco cessation. Studies illuminate a large tobacco dependence treatment educational gap in nursing curricula that leaves nurses ill-prepared to treat tobacco dependent patients.

**Methodology/Data Analysis:** An evidence-based tobacco dependence treatment educational intervention, grounded in the Health Belief Model, with implementation guided by Everett Roger's Diffusion of Innovation Theory, was provided to undergraduate and graduate nursing students at a southeastern United States University. A before and after design was used, and data analysis included descriptive and inferential statistics. Comparative means testing was conducted on aggregate and individual question scores of all knowledge, skills, and self-efficacy questions. Paired *t* tests assessed for any statistically significant ( $p \leq 0.05$ ) increases in aggregate and/or individual question data.

### Biography:

Kelly Henson-Evertz, DNP, RNC, CTTS

Dr. Kelly Henson-Evertz has been a registered nurse for 35 years, and earned her DNP at Chatham University, Pittsburgh, PA.

She is a certified Inpatient Obstetrical Nurse (RNC), and



a Certified Tobacco Treatment Specialist (CTTS). Dr. Henson-Evertz has held many positions over the course of her nursing career, including: staff nurse in Surgical Orthopedics, Post-Partum, Mother-Baby, and Nursery; Perinatal Educator; HIV Counselor; Tobacco Cessation Counselor (for more than two thousand Minnesotans via individual and group sessions); and Nurse Educator.

Dr. Henson-Evertz is a strong advocate for integrating tobacco dependence treatment education into all US nursing curricula, so future nurses possess the necessary knowledge, skills, and self-efficacy to treat tobacco dependent patients in practice. In 2015, Dr. Henson-Evertz incorporated tobacco dependence treatment education into the undergraduate nursing program at Nova Southeastern University (NSU), so all NSU BSN students are prepared to help tobacco users quit.

### Publication of speakers:

- <https://www.sciencedirect.com/science/article/pii/S009286740300758X>
- <https://www.sciencedirect.com/science/article/abs/pii/S002228281830751X>
- <https://oaktrust.library.tamu.edu/handle/1969.1/3897>
- <https://esajournals.onlinelibrary.wiley.com/doi/full/10.1002/ecs2.2209>
- <https://www.elsevier.com/journals/journal-of-reproductive-immunology/0165-0378?generatepdf=true>

<https://www.meetingsint.com/chemical-engineering-conferences/biopolymers>

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