

## Recruitment Feasibility Study for Reducing Postpartum Smoking Among Low-income and Hispanic Women

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# Recruitment Feasibility Study for Reducing Postpartum Smoking Among Low-income and Hispanic Women

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## Background

- Tobacco use is the leading preventable cause of premature morbidity and mortality, and smoking cessation is associated with immediate and long-term improvement in quality of life and health outcomes.
- Pregnant women represent a unique subgroup for whom continued smoking is associated with multiple immediate adverse outcomes, including increased risk of ectopic pregnancy, spontaneous abortion, preterm delivery, low birth weight, and perinatal mortality.
- Pregnant women who smoke exhibit a relatively high rate of spontaneous smoking cessation.

## Objective

This study examines the feasibility of recruitment for, and implementation of, a smoking cessation program among low-income pregnant women in a community-based healthcare setting by:

- Determining the percentage of screened women who are recruited.
- Assessing the attrition rate at each follow-up point.
- Reporting the quit rate among enrolled women at 12 months post-partum.

## Methods

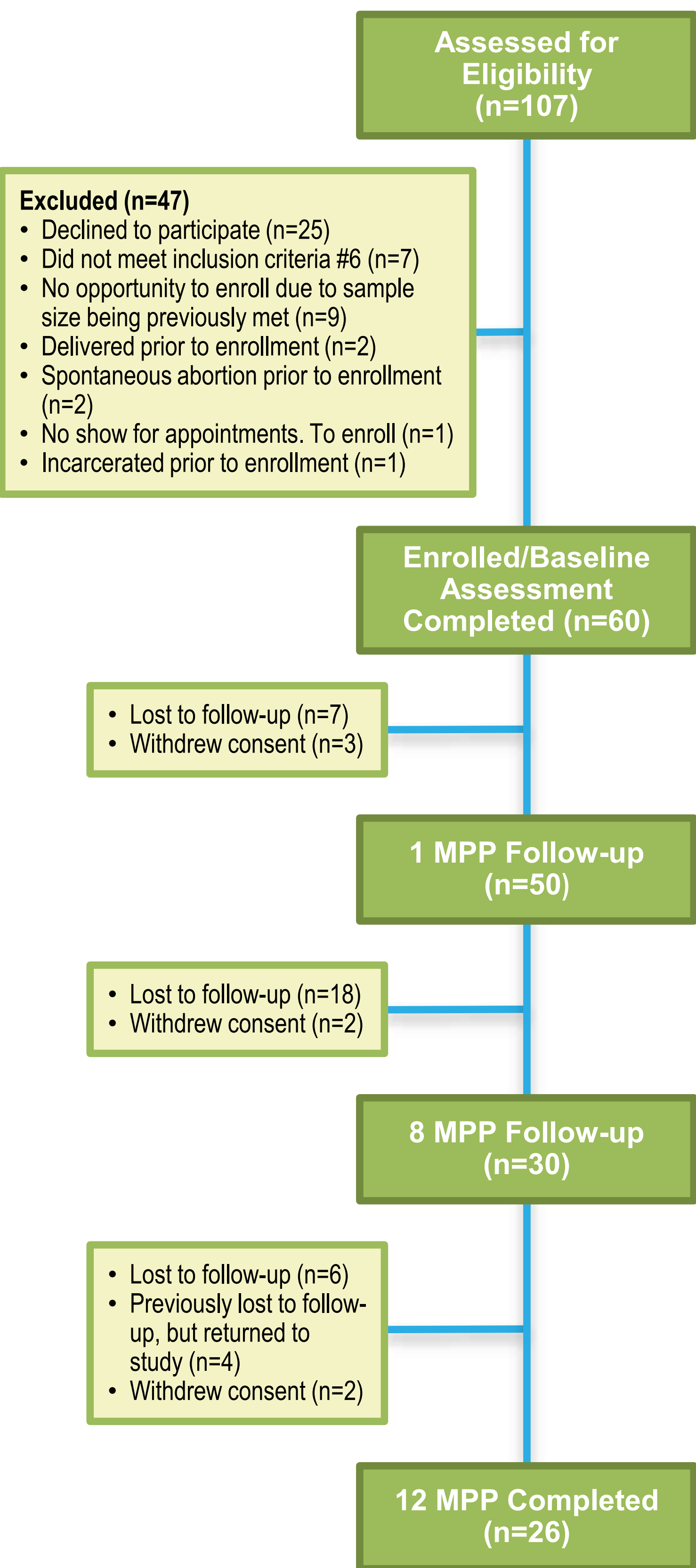
- We recruited 60 low-income pregnant smokers from the Center for Women's Medicine (CWM) who received either the Forever Free for Baby and Me or Libres Para Siempre... Por Mi Beb  y Por M , booklets
- They completed baseline, 1 month (+/- 2 week), 8 month (+/- 2 weeks) and 12 month (+/- 2 weeks) postpartum assessments regarding smoking cessation and their attitudes regarding the booklets.
- Pregnant women who smoke exhibit a relatively high rate of spontaneous smoking cessation.

## Results

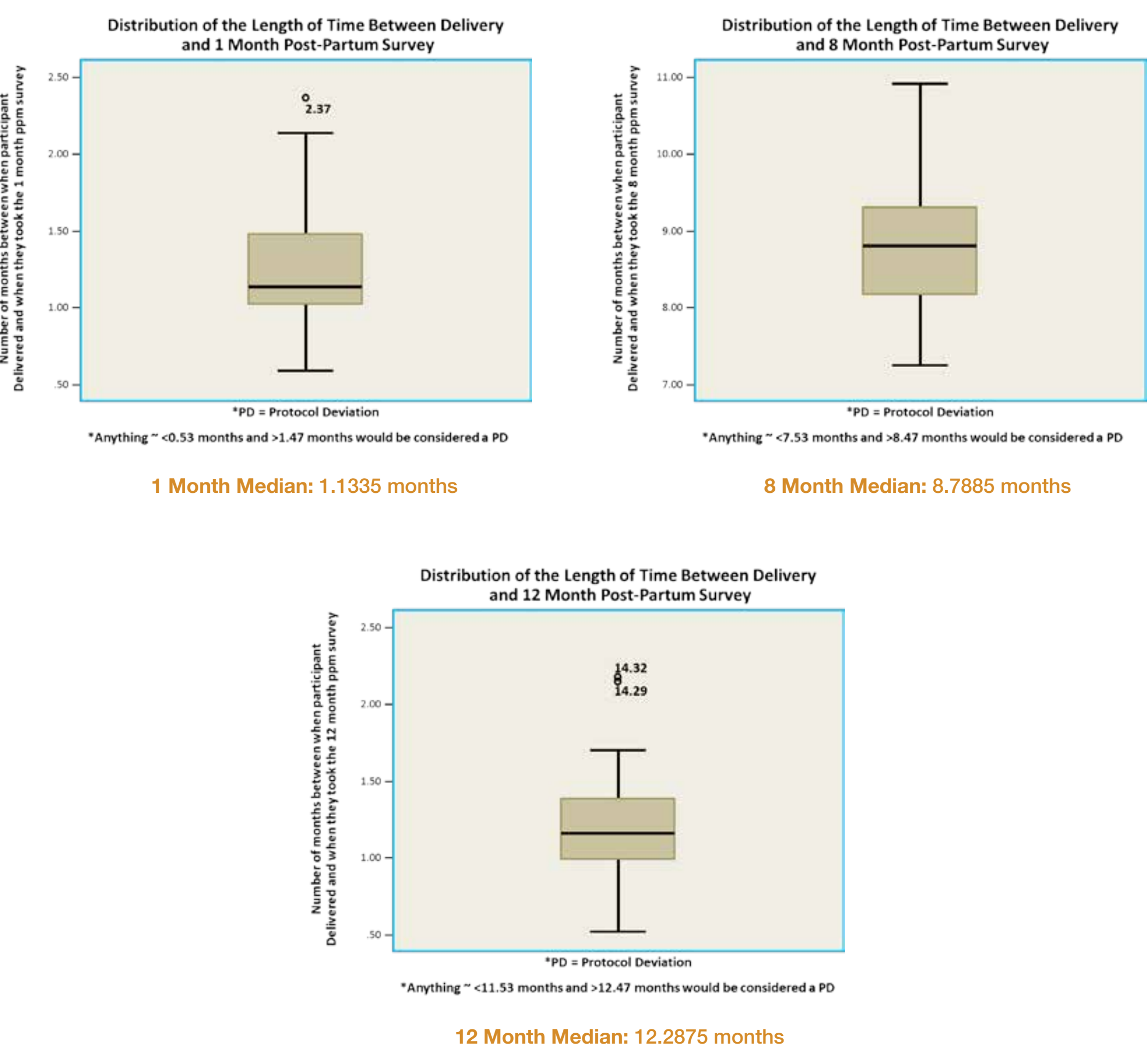
### Enrollment

#### Total Enrollment:

- We enrolled 60 subjects between 2/11/13 and 7/29/13.
- The total number of eligible patients to participate were 107 and 60 were finally recruited.
- 56.1% enrollment rate.



### Protocol Deviations



### Attrition Rates

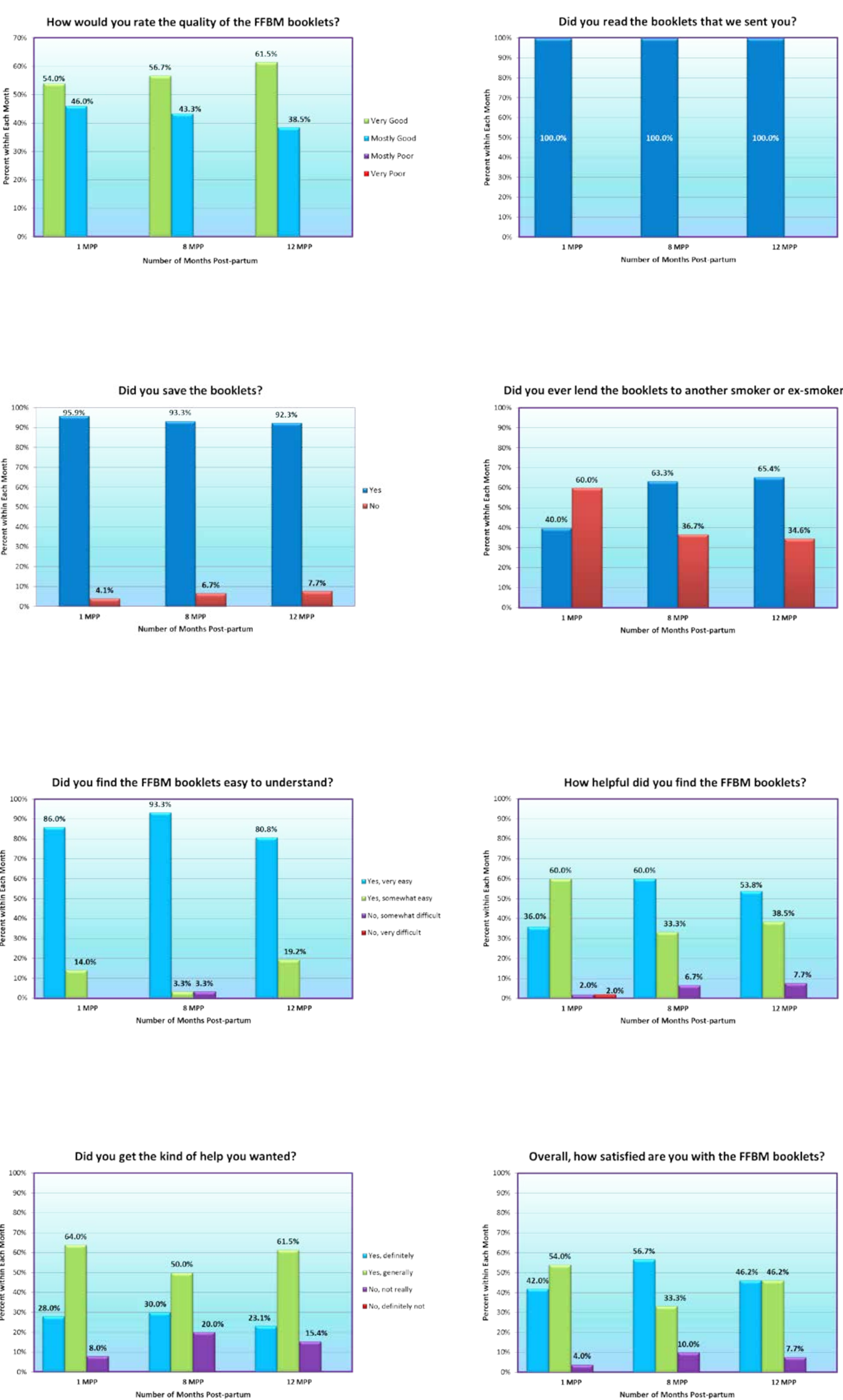
- Permanent Attrition Rates

	1 Month	10/60 (16.7%)
8 Months	26/60 (43.3%)	
12 Months	34/60 (56.7%)	

- Quit rate 12 months postpartum: 19.2%

How much have you smoked cigarettes since your baby was born? (12MPP)					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	None	5	8.3	19.2	19.2
	A few times	8	13.3	30.8	50.0
	Regularly, but less than usual	12	20	46.2	96.2
	Regularly, my usual amount	1	1.7	3.8	100.0
	Total	26	43.3	100.0	
Missing	System	34	56.7		
Total		60	100.0		

### Patient Satisfaction



## Discussion

- Enrollment: 60 subjects between 2/11/13 and 7/29/13. The total number of eligible patients to participate were 107 and 60 were finally recruited with total of 56.1% enrollment rate.
- Permanent attrition rates: 1 Month – 16.7%, 8 month 43.3%, 12 month 56.7%.
- Quit rate at 12 months postpartum: 19.2%.
- Nearly 50% of our study population were either abstinent or smoked “a few cigarettes.” Nearly 96% reported decreased smoking rates overall.

## Conclusions

- Self-help booklets appeared to be efficacious and offered a low-cost modality for providing relapse-prevention assistance to low-income pregnant and postpartum women that were well received by our low income population at CWM.
- Recruitment of greater than half of eligible patients proves the feasibility of implementing this project in a low income clinic population.
- Distribution of booklets should be centered around clinical visits to ensure better patient follow up.

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