Smoking Cessation During Pregnancy

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Smoking Cessation in Pregnancy

- Test Your Knowledge and Win Some Prizes!!!
- Who Wants to Be a Millionaire?
- Smoking Cessation Strategies in Pregnancy.
What is your occupation?

1. Physician
2. Nurse
3. Doula
4. Midwife
5. Other
How many years have you been practicing?

1. Less than 5
2. Six to 10
3. 11 to 15
4. 15 to 20
5. More than 20
How much do you know about smoking cessation?

1. A lot
2. Some
3. Little
4. Very little
5. none
Which of the following is the most addictive substance?

1. Nicotine
2. Alcohol
3. Marijuana
4. Cocaine
5. I’m not sure
Nicotine

- The nicotine in tobacco is one of the most addictive substances scientists know of.

- 8 out of 10 people who try smoking become addicted.
The percentage of pregnant women who smoke is:

1. 15%
2. 20%
3. 25%
4. 30%
5. I’m not sure
Pregnant Smokers Who Keep Smoking Believe That:

- Smoking won’t affect my baby.
- A smaller baby means an easier delivery.
- Quitting will be more stressful on the baby than smoking.
- I won’t gain too much weight if I smoke.
- If I smoke « light » cigarettes, or cut down, I won’t have to quit.
- It will be easier to quit after the baby is born.
- I can’t quit, much as I’d like to.
Who is at higher risk of smoking during pregnancy?

1. Teenage women
2. Women whose partner smoke
3. Women who already have children
4. Single women
5. All of the above
6. I’m not sure
Daily Smoking by Age
Females, Ontario, 1997

Percent Smokers

- 18-34
- 35-54
- 55+

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Daily Smoking by Income
Females 16-44, Ontario

Percent Smokers

- Poor: 25%
- Middle: 15%
- Upper: 10%
Daily Smoking by Education
Females 16-44, Ontario

Percent Smokers

Primary <Sec. Sec. Post Sec.
Daily Smoking by Marital Status
Females 16-44, Ontario

Percent Smokers

Married | Single | Separ'd

0 | 10 | 20 | 30 | 40 | 50 | 60 | 70
How likely are you to have a low birthweight baby if you smoke during pregnancy?

1. 5 times more likely
2. 2.5 times more likely
3. 8 times more likely
4. 3 times more likely
5. I’m not sure
Effects of Smoking in Pregnancy

- Low birthweight and small for gestational age
- Prematurity
- Placenta Previa
- Abruptio placenta
- Premature rupture of membranes
- Congenital defects
- Miscarriage
- Ectopic pregnancy
- Fetal and perinatal death
- Poor fetal lung function
How many smokers try to quit in pregnancy?

1. 80%
2. 75%
3. 50%
4. 30%
5. I’m not sure
The Percentage of Smokers Who Quit in Pregnancy

- 80% try to quit or reduce smoking
- 23% maintain cessation over the course of their pregnancy
- An additional 17% cut down by more than 5 cigarettes per day.

Source: Edwards et al, 1994
Who is Most Likely to Quit?

- higher educated
- lighter smokers
- those who live with nonsmokers
- those with stronger beliefs in the harms of smoking
- those experiencing their first pregnancy
Pregnant Smokers Who Quit Believe That:

- This is an easy time to quit - I hate the taste and smell of cigarettes right now.

- I want to give my baby every possible advantage.

- I want to be a good model for my baby when he/she is born.

- This is a good time to make changes I’ve been thinking about for a long time.
How many women return to smoking postpartum?

1. 25%
2. 30%
3. 50%
4. 60%
5. I’m not sure
The Percentage of Women Who Return to Smoking Postpartum

- Among women who quit smoking during pregnancy, over 60% start smoking again by 6 months postpartum.
- Reported relapse may be an underestimate of true rates.
- Women are most vulnerable to relapse in the first 6-12 weeks postpartum.
Reasons Why Some Women Return to Smoking Postpartum

- The baby’s healthy, I can smoke again.
- It will help me cope with the stress of my new responsibilities.
- It will help me lose the weight I gained.
- It’s the only way I can get a “time out”
- My partner smokes
Continuously telling people to stop smoking is the most effective way to help them quit.

1. True
2. False
3. I’m not sure
Best Practices – Smoking Cessation Strategies in Pregnancy

- Address misperceptions smokers have.
- Tailor programs to specific populations.
- Address the postpartum period in the prenatal intervention
- Build-in partner support
- Offer a variety of cessation approaches and intensities
- Encourage smoking reduction as an alternative to smoking cessation for those unable to quit.
Which of the following behavioural changes have you ever attempted?

1. Starting an exercise program
2. Losing weight
3. Flossing your teeth every day
4. Smoking cessation
5. Joining sport/hobby courses
STAGES OF CHANGE

CONTEMPLATION

PRE-CONTEMPLATION

RELAPSE

PREPARATION

ACTION

MAINTENANCE
Stop smoking therapies that can be used during pregnancy include:

1. Bupropion (Zyban)
2. Nicotine patches
3. Nicorette gum
4. All the above
5. 2 and 3 only
Stop smoking therapies should be used by pregnant women if they are unable to quit on their own.

The nicotine patch and gum are safer than smoking for the pregnant woman and her fetus.

Bupropion is not prohibited during pregnancy - No evidence of fetal harm, however more research is needed
Bupropion (Zyban)

- Recommendations vary among health professionals
- All pregnant women should speak to their physicians before beginning any pharmacotherapy
SUCKED IN
Cigarette smoke is full of poisons

You inhale these poisons if you smoke or if someone around you smokes.

The products shown contain chemicals found in cigarettes and cigarette smoke. The products themselves are not added to cigarettes and are used for illustrative purposes only. When used as directed, the non-tobacco products shown are safe - cigarettes are not.
Stop smoking therapies increase the chance of successfully quitting by:

1. 15%
2. 20%
3. 25%
4. 30%
5. 40%
Effective Tools for Cessation

- Pharmacotherapy
- Self-Help Guide
- Telephone counselling
- Group Interventions