

**Unanswered Questions from Lunch & Learn November 26, 2014**

**The STOP Program: An Example of Evidence Informed Practice in Smoking Cessation**

**Dr. Laurie Zawertailo & Erin Cameron**

***1. Are there any upcoming sessions directed specifically to senior populations on the STOP program?***

Thank you for the suggestion. We will add it to our list of topics for upcoming webinars and will take a look at the STOP data focusing on those 65 years of age and older to see if there are specific challenges that need to be addressed.

***2. Is there a cost for implementing the program?***

There is no cost to implement the STOP Program (for eligible organizations) – it is funded by the government of Ontario. We are currently partnering with Family Health Teams, Community Health Centres, Addictions Agencies, Nurse Practitioner-Led Clinics, and Public Health Units.

***3. Do you have any stats re: differences in quit rates between the 5 week vs 26 week NRT's?***

We know that overall quit outcomes are better in the programs that can offer up to 26 weeks of treatment compared to STOP on the Road where 5 weeks of treatment is given and there is only one intervention given in a group setting. However, within the STOP models that offer up to 26 weeks of treatment there are not many clients who require that duration of treatment and indeed 85% of those who are successful at quitting do so within the first few visits and then maintain their abstinence by continuing with treatment for a few more weeks.

***4. On the 6-Month Quit Rates chart (OH #40), STOP on the Road is separate from PHU's. Does this have to do with CAMH-led model and non-led model? Can you please clarify why there are 2 entries?***

In one of the first iterations of STOP Public Health Unit (PHU) staff were trained to provide counseling and dispense NRT for up to 10 weeks. That was the PHU model. In the outcomes bar graph that was shown. STOP on the Road (SOR) shows the outcomes from that model as a whole – we do not distinguish between CAMH-led workshops and PHU-led workshops.

***5. What kind of time commitment is usually required for a STOP implementer on a weekly or monthly basis? Or what range of time commitment is required?***

The time commitment really depends on the volume of clients that participate in the program. Typically, the first “enrollment” visit can take ~30 minutes in order to do an assessment, offer counselling support in smoking cessation, and complete the initial questionnaires. Subsequent visits can take 10-15 minutes per client. Additional time may be needed to ensure that all information is entered accurately into our online Portal system (1-2 hours per week). Monthly commitments include preparing the documentation forms for pick-up (shipped back to CAMH), and ordering/receiving NRT products (another 1-2 hours monthly).