



# Implementing an Inpatient Smoking Cessation Program

*Patricia M. Smith, C. Barr Taylor*



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*Implementing an Inpatient Smoking Cessation Program* serves as a step-by-step manual for implementing a cost-effective tobacco cessation program for hospitalized patients. Based on the *Staying Free* program, which has evidenced among the highest cessation rates reported in the scientific literature, this book is the result of decades of research by the authors. Although the book reviews a tobacco cessation program, the process is applicable to most behavioral interventions in acute- or long-term care settings.

The book details the administrative responsibilities involved in designing, implementing, delivering, evaluating, and maintaining an inpatient tobacco cessation program. Its how-to approach focuses on the skills needed to: determine the work that needs to be done, select the appropriate interventions and providers, pay for and market the program, and create systems to keep the program alive. It provides algorithms for forecasting program enrollment and information on how to budget the program. Readers can then use this information as a blueprint for implementing their own program. A chapter on workflow provides a "virtual tour" of what to expect from the first 48 hours through the first year.

Written in an accessible style with insightful interviews with actual providers, *Implementing an Inpatient Smoking Cessation Program*:

- \*summarizes the literature on tobacco use, including the causal health effects and cost-effectiveness of cessation programs, to help readers build a case for a program;
- \*reviews the clinical guidelines and advantages that support an inpatient program; and
- \*provides tips on how to develop an effective program including insight into where the bottlenecks are likely to occur, and how to avoid them.

*Implementing an Inpatient Smoking Cessation Program* is intended for health care administrators, providers, researchers, educators, and students in health care administration, public health, community and health psychology, (behavioral) medicine, nursing, respiratory therapy, and rehabilitation.



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