## Practice Research

### Three year evaluation of a programme by general practitioners to help patients to stop smoking

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Abstract
A controlled study was undertaken to measure the effectiveness of general practitioners' use of an intensive programme to help patients to stop indicated and intensive programme to help patients to stop indicated and intensive programme to the patients to stop in the patients of the patients

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PRACTICE OBSERVED

third of the adult population aged between 25 and 65 are smokers: 337% men and 30% women). Furthermore, most smokers (80-90%) would like to stop smoking! and consider their doctor to be an appropriate person to help them to quit. Although the proportion of general practitioners in Australia who routinely advise their patients to stop smoking is unknown, in the United Kingdom and the United States 25-35% follow this practice."

Brief routine advice from general practitioners to patients who smoke has produced abstention rates of only 3% to 15% after one addictive. "A Shestinshor rates increased when patients attended follow up visits." were shown the concentrations of tobacco products in their system." used intoine chewing gum, "or were educated and counselled by their general practitioner."

We developed and evaluated an intensive programme to stop smoking that incorporated patient education and support and was administered by general practitioners. At six months a third of subjects were abstinent compared with only 3% in the control group. Though these six month results were encouraging, the true value of the programme could be established only by long term follow up. We green data from the three year follow up for the treatment and control groups

The study was conducted in a well established general practice that was strated close to this university. Three of the four men disctors in the practice took part in the returnent programma. Recrutiment of bushess was carried to the practice took part in the returnent programma. Recrutiment of unbodies was carried to the properties of the programma of the progr

### BRITISH MEDICAL JOURNAL VOLUME 292 22 MARCH 1986

abstention rates of the programme completers and non-completers after climataing subjects who were lost to follow up, those who completed the programme were still more successful at quitting (1894) than those who did Table UV presents abstuncts over time in two ways. Firstly, each subject is followed over different points in time and is eliminated in fragpa occurs as any time. Secondly, group abstunence rates are presented for each of the five points of followed.

	End of treatment	weeks	3 months	6 months	56 month
No of subsects who maintained lapse free abstinence at each follow up*	45	4	41	¥0	,,
No of subjects who were abstinent at each follow up	45	37	42		15

The results show that the intervention programme administered by general practitioners was effective in helping patients to stop smoking. The success rate of this intensive treatment programme (36% at three year follow up) compares favourably with other programmes administered by general practitioners not using programmes administered by general practitioners not using the programmes administered by general practitioners not using at one year follow up (table V). Twenty two per cent of subjects in

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freatment to three years. § In Bussell's studies abstractive rates of patients who had stopped smoking during the month after the first attendance and were still not smoking one year later were § 17% 1979 and § 17% out is 2% 1983.

finding that a further 12 subjects in the treatment group gave up smoking after the six month follow up compared with six subjects in the control group suggests that the treatment group gave up smoking after the six month follow up compared with six subjects in the control group suggests that the treatment programme may still the overall success rate; a follow up of three years, which is longer than that in most other studies." Six biochemical assessment of all self reported abstainers, results were based on all subjects who agreed to participate in the study whether or not they completed the programme; and subjects who were lost to follow up at six months and three years were classified as continuing smokers. Subjects had matter and thus were unselected entraints compared with other studies in which participates were selected for motivation to stop smoking." Or were limited to those who had recently made an unsuccessful attempt to quit.

One quarter of the subjects who were allocated to the treatment group attended only the initial consultation and another third started the programme but did not complete it. Subjects who failed that the subjects who failed the subjects who failed the subjects their doctor. The low success rate in subjects who completed only part of the programme when they resumed smoking. There was a definite advantage for those who attended all the programme to please their doctor. The low success rate in subjects who completed only part of the programme when they resumed smoking. There was a definite advantage for those who attended all the chemical programme than the programme subjects to those who attended the patient education session and the first follow up visit stopped smoking by the first follow up visit as advised. Relapse, however, is common in such programme, the first follow up visit and programme. The programme was effective in motivaring subjects to try to give up smoking. Nearly three quarters of those who attended the patient education session and the first follow up visit and

We thank the four general practitioners, the 200 smokers, and the 200 non-mokers who took part in the major valva and the 54 subjects who participated in the polst trail, the stalf of the department of buskments; Roral Prince, Alfred Hospital, Sydney, who analysed the blood samples. Roral Prince, Alfred Hospital, Sydney, who analysed the blood samples of the stalf of the National Heart Foundation of Australia, and the recent of there's postulon to the three year evaluation was funded by the division of community health, Prince of Wales Hospital, Sydney.

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were assigned to either a freatment in =100 or a sontrol group in 100. Alternate draw were designed as either "freatment" or "control" dass, and subserts were allestated to the appropriate group for the day of their attendance. This was regarded as the most practical method of group or the control of the

TABLE 1.—Demographic and smoking characteristics of subjects in the treatment and control groups believe the study.

	Freatment group n 100	n 100
Mean apr syars	41	17
North men in group	**	14*
No of subjects in lower middle and lower classest	90	94
Mean No of cigarettes smoked dails	25	22
Mean carbony haemoglobin concentration - *-	4.1	4.6
Mean plasma cotinine concentration official.	1843	1972
* p= 0.01 † Daniels's occupational rating scale was used to calci	alate social class	

On the daw designated as "treatment" days smokers were invited to son a programme run by their distort to help them to give up smoking. The were programme run by their distort to help them to give up smoking. The were programme run by their distort to help them to give up smoking. The were control group were mixed to participate in a study on smoking and health Filterion up of a study of 215 pointing when the health Filterion up to a study of 215 pointing when the health Filterion up to a study of 215 pointing when the health Filterion up to the health Fi

### BICK HEMICAL VALIDATION

All month foliage up—subjects in the treatment and control groups were asked to attend the discuss' surgers at our months to complete a question-native or monhies, to have long function and weight measured, and to provide a blood sample for obsective assessment of smoking state. A subsect was classified as a smoker of the carbony-themoglobin concentration was 22.0% or the commer concentration 250 mind. If woo objective the

### BRITISH MEDICAL JOURNAL VOLUME 292 22 MARCH 1986

BRITISH MEDICAL JOURNAL VOLUME 292 22 22 MARCH 1986 treatment group who standed to have supped smoking were classified from the result of the base-bensal less. Flowables in the treatment group who standed to have supped smoking were classified as continued to relative to freedo. There we first the treatment and 23 is in the control group could not be contacted and were classified as continuing smokers.

There were follow—ps—Subjects were telephoned after three years and asked about their smoking state. Those who slammed to be abotinent were assessment of continue concentration. Containers is the major metabolic of notion in the major metabolic of notion metable many metabolic of notioning to the major metabolic of notioning to the major metabolic of notioning continuing the major metabolic of notioning to the major metabolic assessment of continue concentration. Containers is the mager metabolic of notioning to the major metabolic of notioning containers and the mutual for notioning. The container and all find recognition of the spontaneous remainers are funded to be abotined were unabling to provide a sample of salva for verification. To avoid underestimation of the spontaneous remainers are there subjects were classified as non-smokers. Two subjects from the treatment group deed during the three veriflowing period and were criminated from the analysis of the provided and the control group of address and were connected from the analysis.

TABLE II — Details of subjects at the three year follow up

	I reatment group	Control group
No recruited	100	100
No contacted	N.S	77
Died	2	0
Refused	0	
Moved overseas or interstate	1	4
Moved to unknown address	12	16
Could not be contacted, no telephone, no response to		
letter	2	

The success rates in the treatment and control groups were compared statistically with the gi test

At the three year follow up 35; 18%s, subsects in the treatment group and eight (3%n) in the control group were not smoking ( $\chi^2$ , 20.8, p. 90.001). Using long term abstinence as a more stringent criterion of treatment success, 23 of the 35 subjects in the treatment group were abstinent at both the six month and three veer following compared with only two control the six months and three veer following compared with only two control treatment group at six months, 12; 18%s had stopped smoking at three veers compared with only six of 97 subsects (5%s) in the country flowing 1, 4, p. 60.05). One quarter of the subsects who were assigned to the treatment group did not attend the scheduled wists except for the initial consultation, and another thred did not complete the programmer table III. The success rate

	No in group*	North who we abstinent at 46 months
	contract to the contract of	er i seste tir i der e
Attended only initial year for presenting complaint	26	7 - 27
Attended first two visits only		1.13
Attended first three years but not all follow up yours	27	6 22
Arrended all visits	i.	21 57

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Anabotic steroids.

Many young men are indulging in weight training and bodybuilding and are being advised by their trainers that the best short cut to achieving their ambitions to take a course of anabotic streads. The claims made for a course of these drugs are that in two and a half years the mencut out a further of the claims are considered to the claims are obtained illegally and are dispensed by trainers who seem to have a source of supply in Jona in the data sheets are written entirely a register of the claims are considered to a considered in families, they are more wedded to the claims are "more interested in families, they are more wedded to the claims."

### 100 YEARS AGO

The gracuss suit of the Queen, and Her Majesty's performance of the cremony of laying the foundation-stone of the Examination Hall which the Royal Colleges of Physicians and Surgeous of England are building, out of their common pure, for holding joint examinations as a perliminary to medical practice, gave great extrains interest to an event of otherwise relatively small importance. Of the many who took part in the currously there were probably few who do not recognise the singularity and paradoxical features of the cremony. It is of no great importance to the profession or to the public, whether the Colleges hold their some examinations in one building or in nonther; and the exceedingly ugly and hospitalities edifice will certainly not the intell' any offer ever, and possibly in only a safe the same of the control of t

reforming medical education and examination, which the whole profession and the legislature approved. The Calleges saw their advantage in taking the opportunity of frequent pauses, design, and obstructions in the larger reform which the profession adults have been advantage in taking the opportunity of frequent pauses, design, and obstructions in the larger reform which the profession adults have been designed and the profession adults of the profession adult of the designed and the profession adults of the profession adult advantage of the profession adult reference to six William Jennet, the President of the Royal Employee of the profession of the Royal Employee of the profession of the profession of the Profession of the Royal Employee of the professio