

Survey of Alberta Dentists & Dental Hygienists on Tobacco Cessation in the Dental Office

Principal Investigator: Steven Patterson
Student investigators: Tyler Verhaeghe, Trang Nguyen, Leah Ashcroft, Cassandra Sturt, Patricia Wrobel

Supported by the Fund for Dentistry



Background CDA

- ...the CDA supports **the role of the dentist in assisting dental patients interested in tobacco cessation**. In provinces where regulations permit, the dentist may be able to prescribe medications to assist the patient in meeting this objective...
- CDA encourages dentists ... to **complete a related training program to enhance their potential to meet patient needs**. It is the dentist's ethical obligation to ensure that patients are managed in a competent manner.

Background CDHA

The Canadian Dental Hygienists Association declares that,

1. dental hygienists have a **key role to play** as a member of an inter-disciplinary health professional team, where each member **delivers a consistent tobacco use cessation message**;
2. dental hygienists have a **professional responsibility to provide tobacco use cessation services**, as a routine component of dental hygiene practice;
3. it is imperative that tobacco use cessation services are an **integral part of oral health services**;

Purpose and Objectives

- To ascertain the attitudes and behaviours of Alberta dentists and dental hygienists regarding tobacco cessation (TC) in their practices.
 - The **extent to which TC activities are part of dental and dental hygiene practice**,
 - potential **barriers** to incorporating TC into dental private practice
 - areas of **need for tobacco cessation training**
 - demographic and practice characteristics

Hypotheses

- Many dentists and dental hygienists in private practice are still hesitant to be involved in tobacco cessation activities in their office due to a variety of barriers.
- Dental hygienists will exhibit higher rates of tobacco cessation activities than dentists.
- Smoking status influences behaviours and attitudes.

Methods

- Mail-out questionnaire sent to a sample of Alberta dentists and dental hygienists
 - November 2007
 - Anonymous questionnaire
 - Self-addressed, stamped envelopes included
 - Reminder faxes sent, information on association websites
- Data entered and analyzed using Epi Info software

Data Analysis

- Data will allow comparisons to be drawn between:
 - dentists and dental hygienists
 - ask, advise and assist behaviours
 - differing attitudes regarding tobacco cessation
 - training and perceived qualifications by dentists and dental hygienists
 - preferred styles of learning

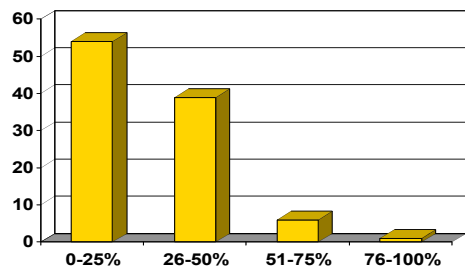
Results

Return Results

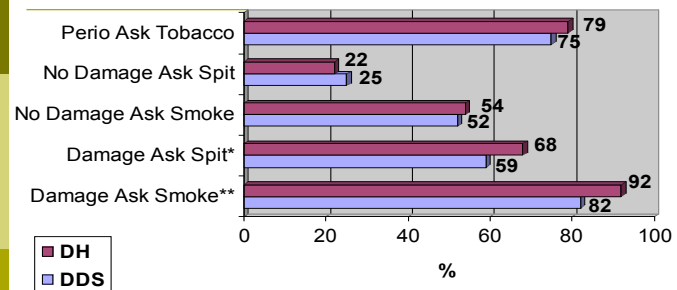
- Over 800 surveys returned
 - 777 surveys valid for entry
 - 57% DH, 43% DDS
- 69 % of total responses from Edmonton and Calgary
- 67% Female (97% DH, 29% DDS)
- 43% DDS over 20 years in practice, 31% of DH 5 or less years in practice
- 93% of respondents in General Practice
 - Demographic/practice results characteristic of existing groups

Ask

- Estimated proportion of tobacco users in practice

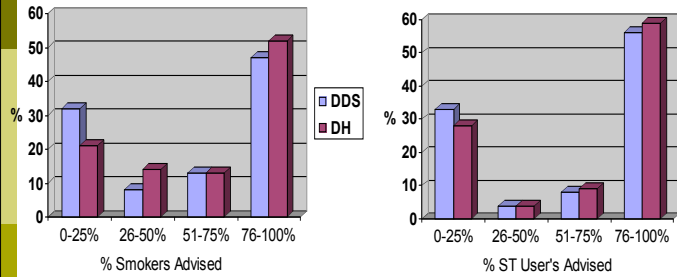


Ask



*Damage Ask Spit $p = .02$, **Damage Ask Smoke $p < .001$
Others not significant

Advise



No significant difference between DH & DDS

Assist

Method	Ever		Past 30 Days	
	DDS %	DH %	DDS %	DH %
Discuss Health Hazards	95	98	79	86
Show effects of Tobacco	86	92	57	65
Recommend Not Starting	58	64	37	40
Discuss benefits of quit	90	96	72	82
Advise to quit	94	92	77	80
Advise to cutdown	71	83	54	67
Suggest programs	63	72	38	45
Show videos	6	8	3	3
Recommend NRT	57	74	33	46
Prescribe Zyban	14	12	7	6
Recommend quit date	31	48	19	27
Screen Cancer	86	80	83	64
Teach Self-screen	22	44	14	22
Offer Educational Mat.	49	66	35	41

Behavioural Outcomes

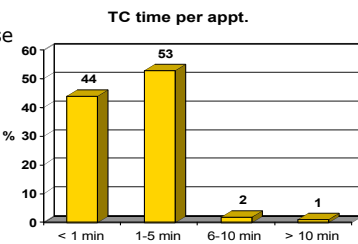
Charting

- 79% record tobacco use information in chart

Primarily responsible

- 37% DH
- 33% no one
- 26% DDS

How much time per appointment?



Attitudes Towards Tobacco Cessation Compared between Dentists and Dental Hygienists

	DH %	DDS %	p value
Dentists should provide TC	91.2	79.6	< .001
DH should provide TC	91.4	82.7	< .001
TC provided can be effective	80.0	66.0	< .001
Patients expect TC in dental office	38.0	28.5	= .005
Counselling not a high priority	15.6	36.3	< .001
TC advice will not change behaviour	20.3	31.3	< .001
Have been successful helping patients quit	22.6	15.8	= .02

Attitudes Towards TC Training compared between Dentists and Dental Hygienists

	DH %	DDS %	p value
I do not feel qualified to provide TC	29.3	36.8	= .03
I try to increase knowledge on TC	74.0	51.0	< .001
TC training should be part of DDS curriculum	79.6	69.8	= .001
TC training should be part of DH curriculum	81.0	81.0	n.s.
Did you receive training as part of undergraduate program?	56.9	31.9	< .001
Would you like to learn more about TC?	85.6	70.2	< .001

Preferred styles of learning

- Both DDS (39%) and DH (50%) preferred classroom learning over any other type
- The second most preferred learning type: among DDS - journal articles (25%) among DH - websites (12%)

Smoking Status

Ask/Assist

- 4.3% currently use tobacco
- 40% report other dental team members use tobacco
 - Ask
 - No difference between tobacco users and non-users if damage present
 - Advise
 - No difference

Behaviour	P value
No damage- smokers ask more about smoking/ST than non-smokers	p = .035/.001
Past 30 show effects- smokers report greater activity	p = .03
Past 30 recommend NRT- smokers more than non-smokers	p = .008
Ever prescribe Zyban- smokers more than non-smokers	p = .02
Past 30 prescribe Zyban- smokers more than non-smokers	p < .001
Ever recommend quit date- smokers more than non-smokers	p = .03
Past 30 recommend quit date- smokers more than non-smokers	p = .001

Conclusions

- Ask
 - If damage/period conditions present, both DH/DDS ask more, DH more than DDS
- Advise
 - The majority advise patients to stop tobacco use
- Assist
 - DH engage in more of each assisting activity except prescribing/recommending Zyban and oral cancer screening

Conclusions

- Assist
 - Majority provide minimal intervention of less than 5 minutes

- Attitudes
 - DH attitudes were more +ve toward TC roles effectiveness and patient expectations
 - DH attitudes were more +ve toward their qualifications and desire to learn more

Conclusions

- Training
 - DH's received more training in their undergraduate programs

 - Both DH and DDS prefer classroom style learning and secondly, self-directed types of learning

Conclusions

- Tobacco Users
 - Very few DH's or DDS' use tobacco

 - Almost half have other staff in office that use tobacco

 - If tobacco user
 - Ask more about tobacco use when no damage present
 - Assist more by showing oral effects, recommending NRT/Zyban, setting quit dates

Potential Application of Results

- To guide dental school programs in providing appropriate levels of education regarding tobacco cessation

- Guide in the provision of CE courses that will allow practitioners to develop skills and knowledge in the area of tobacco cessation.

Potential Application of Results

- To aid organizations and associations in promoting involvement in tobacco cessation activities by dental professionals
- Additional analysis of data will look at attitudes vs. behaviours, training vs. behaviours/attitudes, demographic/practice characteristics vs. behaviours/attitudes

Bizarro by Dan Piraro

I want you to quit smoking & lose forty pounds. Then I want you to come back & tell me how the heck you did it.



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Questions?
