

A tailored tobacco treatment intervention for pregnant and parenting women in residential treatment for substance use disorders

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Background	Objective	Methods
<ul style="list-style-type: none"> Perinatal tobacco use is a leading cause of preventable adverse health outcomes Smoking rates remain high among pregnant and parenting women with substance use disorders. Evidence suggests that treating tobacco use and substance use concurrently increases the likelihood of sustained abstinence. 	<ul style="list-style-type: none"> Evaluate the impact of the “Get Fit & Quit Program” (GFAQ) on tobacco use behavior Identify facilitators and barriers to quitting or reducing smoking 	<ul style="list-style-type: none"> Certified Tobacco Cessation Specialists lead the 8-week program for pregnant and parenting women in a residential treatment facility Data collection at three time points (baseline, week 4, week 8): <ul style="list-style-type: none"> Urine cotinine levels Expired CO Self-administered survey

- Weekly group meetings:
 - Deliver evidence-based cessation curriculum
 - Facilitate group discussion
 - Engage participants in physical activities
 - Download step data from fitness tracker device

Sample Characteristics Intervention Outcomes Facilitators and Barriers to Reducing Smoking

Demographics	N(%)
Education	
High school/GED or less	14(50%)
Some college/vocational school	11 (39%)
College graduate	2 (7%)
Missing	1 (4%)
Race/Ethnicity	
White	23 (82%)
Black or African American	2 (8%)
Other	3 (10%)
Marital Status	
Divorced/separated	3 (10%)
Married	7 (25%)
Single	17 (61%)
Missing	1 (4%)
Seeking Treatment For	
Drug use	21 (75%)
Alcohol and drug use	6 (21%)
Missing	1 (4%)

Get Fit and Quit Outcomes				
Tobacco Use Characteristics	Baseline	Post-intervention	P-value	
Cigarettes Per Day	13.8	8	<.0001	
Nicotine Dependence	4.9	3.9	.03	
Expired CO	17.1	15.2	.4	
Urine cotinine	5.9	5.8	.9	

Facilitators and Barriers		
	Top Facilitators	Top Barriers
Baseline	<ul style="list-style-type: none"> Cost Children in the home To feel better 	<ul style="list-style-type: none"> Feeling anxious Feeling irritable Fear of eating more and gaining weight
Post-intervention	<ul style="list-style-type: none"> Cost Children in the home To feel better 	<ul style="list-style-type: none"> Others around me smoke Feeling anxious Fear of gaining weight, eating more, and feeling hungry more



Discussion & Conclusion

- Future research is needed to test a more intensive intervention for this high risk population.
- The GFAQ program should be tailored to address the most common facilitators and barriers.
- GFAQ shows promise as a tobacco treatment program for women with substance use disorders