LGBT Healthcare and Our Role in Smoking Cessation

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- Being part of a population that is often overlooked and often feeling stressed because of this, the LGBT community has higher smoking rates.
- Additionally, patients who are smoking while on estrogen replacement therapy are at increased risk for thromboembolic disorders.
- Furthermore, the tobacco industry has been known to target the LGBT community.

Mazzoni’s goal is comprehensive LGBT care

The interns learned the value of comprehensive care through observing roles of the nurses, transgender intake counselor, case managers, and physicians. Mazzoni’s multi-disciplinary model allows patients’ various needs to be met directly.

The interns also learned the importance of LGBT care through discussions about use of unisex bathrooms, preferred pronouns, and inclusive language. This is demonstrated by Mazzoni’s new patient forms.

Smoking cessation is especially important in the LGBT community

- The interns knew that tobacco use affects heart health, oral health, and general well-being. They became informed on smoking cessation resources in the area, and on the effects of nicotine replacement, Chantix and Welbutrin. Through motivational interviewing, presentation of resources, patient education, and follow-up phones calls, the goal was to help patients eliminate their tobacco use.

Cigarette ads targeting a vulnerable population

The interns reached out to about 75 patients and were able to help about half of them to reach a realistic smoking cessation plan.

Cessation brochure for our patients

As Riley (pictured above) notes, “I was going through a really hard time two years ago, and the people at Mazzoni really cared about me and took me in. I decided to stay in Philly because of the resources here.” The interns agree our summer here was invaluable and we hope to carry what we’ve learned with us into the future.

How Mazzoni makes a difference

The staff at Mazzoni made a difference to the interns by helping to establish a realistic project that meets the needs of their community. More importantly, they make a difference to their patients every day through their multitude of resources, and their philosophy of treating each patient for more than just their medical needs.