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2016

## Smoking Cessation, Counseling & Therapy Program Helps Patients Kick the Habit

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Overview



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Samuel D. Gross Professor and Chair  
Department of Surgery

## Departmental Retreat: The Big Four and Integration

Fall is here, excitement is in the air, and we in the Department of Surgery have begun the journey towards clinical integration with our partners at Abington and Aria.

On Saturday, September 24, 2016, nearly 100 attendees joined us in the Hamilton Building for our second Department of Surgery retreat in the last 18 months. This retreat differed from our first as we focused on two topics: The Big Four and Jefferson Health System Integration.

The morning commenced with a reminder of our vision and mission statements, a review of the fiscal exigencies which prompted a need for change, and the charge to the participants. Dean David Nash then spoke on "Population Health: Is it the Secret Sauce?" and Dr. Anne Docimo, CMO, followed on the topic of "The Search for Value in the Healthcare Marketplace." Next, Jasmine Arfaa, PhD, MHSA, and Terry Lynch (Press Ganey Associates) spoke on "The Patient Experience at Jefferson." Finally, Mr. Neil Lubarsky, SVP for Finance, expertly discussed "Healthcare Cost Consciousness."

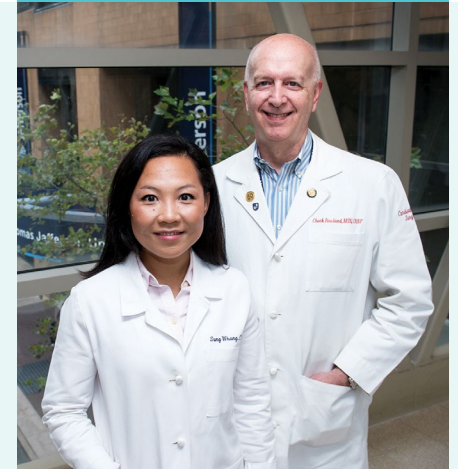
Following these four thought provoking talks, breakout sessions were held to encourage brainstorming and the prioritizing of our action plans. Following lunch, Hugh Lavery, SVP for Government Affairs, spoke on "Federal and State Landscapes." President Steven Klasko, MD, MBA, speaking on his 3rd Anniversary at Jefferson (applause!) reviewed the numerous governance alterations that have taken place creating a more nimble and expansive Jefferson Health System. The half day retreat ended with a summary and action plan by each of the group facilitators.

It was wonderful to sit in the same room with our colleagues from Jefferson, Methodist, Abington, Aria, and the Main Line. The interactions were robust, introductions were made, shared threats and opportunities were discussed, and...now the work begins!

Soon, Jefferson's Integration Management Office (JIMO) will nucleate surgical integration teams to help develop and implement changes to support our Jefferson Integration 2.0 goal. We will need timelines, milestones, and deliverables. Various project managers will be assigned. There is excitement in the air and hard work to do. We in the Department of Surgery have the opportunity to help lead this integration process.

Recordings of the morning presentations are available at: [jdc.Jefferson.edu/surgeryretreat](http://jdc.Jefferson.edu/surgeryretreat)

Clinical Integration



Nurse practitioners Sung Wang and Chuck Rowland

## Smoking Cessation, Counseling & Therapy Program Helps Patients Kick the Habit

The Department of Surgery's Smoking Cessation, Counseling & Therapy (SCCT) Program offers evidence-based strategies for quitting smoking, including one-on-one counseling, nicotine replacement therapy and prescription medication, such as Chantix and Wellbutrin, to reduce cravings and lessen withdrawal symptoms. Although the program started as a resource for patients preparing for cardiac or thoracic surgery, it is now available to many more patients—and nurse practitioners Chuck Rowland, MSN, CRNP, CTTS, and Sung Whang, MSN, CRNP, CTTS, are eager to spread the word.

Chuck and Sung are both Certified Tobacco Treatment Specialists (CTTS). They each completed an intensive 40-hour course offered by the Tobacco Dependence Program at Rutgers University. This particular program is one of a select group of training programs nationally accredited by the Association for the Treatment of Tobacco Use and Dependence. Chuck started the training in 2011 and helped the Department launch the program at Jefferson in 2012 on the suggestion of thoracic surgeon Scott W. Cowan, MD, FACS. Sung earned the certification shortly after joining Jefferson in 2013.

"It's never a good idea to be actively smoking when you're scheduled for surgery," Chuck explains. "While some time-sensitive operations must be performed regardless of tobacco use, quitting two to three weeks before surgery is strongly encouraged for most operations. Some of our surgeons even order a blood test to confirm no tobacco use. It is in the patient's best interest."

Indeed, the benefits of smoking cessation start quickly—with heart rate and blood pressure decreasing to near-normal levels within two hours of quitting and physical stamina improving in three weeks.

Following the initial launch, the Department opened up the program to vascular surgery patients and then

those with heart failure. Over time, the service has expanded and is now open to all Jefferson patients. For any patient, the first step in the six- to eight-week program is an approximately one-hour in-person consultation with Chuck or Sung.

"We review the patient's entire smoking history—when they started, how much they smoke, their daily routine, triggers, whether other smokers are living with them and past attempts at quitting," Sung says. "Based on that information, we use motivational interviewing to come up with an individualized plan. That could include as many as three modalities, with a patient using nicotine patches and gum, as well as medication." Sung and Chuck follow up with patients in whatever manner is most convenient for the patient—whether in person, via phone or using the JeffConnect telehealth service.

Beyond patient care, Chuck and Sung are beginning to collaborate on research with colleagues from the Jefferson Vascular Center, where the vast majority of patients are smokers. Though still in the early planning stage, the randomized study will likely compare patients who receive in-clinic smoking cessation counseling for 10 minutes or less with patients who are referred for the program's more intensive counseling.

For more information about the Smoking Cessation, Counseling and Therapy Program, please visit: [Jefferson.edu/SCCT](http://Jefferson.edu/SCCT)

Learn more about JeffConnect, a service that 'connects' you with our healthcare team — anytime, anywhere — through your phone, tablet or computer: [Jefferson.edu/JeffConnect](http://Jefferson.edu/JeffConnect)

Please Welcome

## Meet the Interns

The Department has welcomed a dynamic group of categorical interns including one graduate of Sidney Kimmel Medical College at Thomas Jefferson University. The interns were selected from over 1200 applicants to our program. These doctors, who recently matched with Jefferson, started on June 20, 2016. Please welcome:

- Peter Altshuler, MD**
- Kashmira Chawla, MD**
- Thomas O'Malley, MD**
- Arturo Rios Diaz, MD**
- Steven Woodward, MD**
- Alicja Zalewski, MD**

- Sidney Kimmel Medical College
- Mayo Medical School
- Tulane University School of Medicine
- Universidad Central de Venezuela
- University of Maryland School of Medicine
- Rutgers University – New Jersey Medical School

We are also pleased to welcome back the following Sidney Kimmel Medical College 2016 graduates as preliminary interns in general surgery: Drs. Raj Patel, Ben Rudnick, and Alex Uhr.

