

# Smoking Cessation:

## Helping People to Quit

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► **CLASS:** NURS 402

Nursing Leadership and Management in Health Care

► **Instructor:** Pam Strohfus RN, MA

Associate Chair of Academic Affairs

► **Agency and Mission Statement:** Boise City /Ada County Housing Authority : To enhance our community by providing safe and affordable housing and fostering self-sufficiency and stability for people in need.

► **Project Purpose:** To identify tobacco use habits and smoking cessation barriers in order to provide relevant education and resources to the clients of BC/ACHA .

► **Learning goals:** To identify the resources that would best help the clients quit smoking.

► **Community need addressed:** Enhancing the health of low income clients and families who receive housing assistance from the Boise City/Ada County Housing Authority.

**Abstract: Working in collaboration with the Boise City/Ada County Housing Authority (BC/ACHA) the BSU Nursing Student research group conducted a study to find out how to best help their clients to quit smoking. BC/ACHA provides assistance and affordable housing to low income clients. BC/ACHA’s goals are to improve the health and socioeconomic well being of their clients. The future plans of the Housing Authority include making their housing smoke free. The research group constructed a survey to find the best methods to help this specific population quit smoking. A “smoking cessation” class was offered to the BC/ACHA clients providing relevant education and available community resources.**

**Background:** Smoking harms nearly every organ of the body, causing many diseases and affecting the health of smokers in general. Quitting smoking has immediate as well as long-term benefits for you and your loved ones (CDC).

**Objective:** To identify the clients’ challenges to quit smoking and to provide local resources that would best help the clients of the BC/ACHA to quit smoking.

**Design:** Cross-sectional study.

**Setting:** Boise, Idaho.

**Participants:** 39 individuals who smoke and are clients of the BC/ACHA.

**Measurements:** Type of smoker, attempts to quit, willingness to quit and knowledge about the effects on the body.

**Results:** 71.8% of the participants expressed willingness to quit, 72.7% indicated that stress was the biggest barrier, 79.4% stated they had tried to quit “cold turkey” in the past, while 73.0% stated that they would be willing to try smoking cessation product if they were made more affordable.

