

# National Medical Student Survey on Tobacco Cessation and Prevention

Your name.....

Name of your school:

Today's date \_\_\_\_ / \_\_\_\_ /

Gender     Male             Female

Age \_\_\_\_

Medical School Year     1         2         3             4

Have you ever smoked cigarettes? \_\_No \_\_Yes

If yes:

How many years did you smoke? \_\_\_\_\_ years

On average, how many packs per day? \_\_\_\_\_ packs per day

If you have quit, when? \_\_\_\_\_ (month) \_\_\_\_\_ (year)

Would you say that your intended career is: ( ) Primary Care ( ) Specialty ( ) Not Sure

**I. First we have some questions about tobacco and smoking in the U.S.**

- |  |  |   |  |   |  |                                 |
|--|--|---|--|---|--|---------------------------------|
| 1. Since 1990, the proportion of US adult smokers has:   | Increased greatly<br><input type="radio"/> | Increased slightly<br><input type="radio"/> | Stayed the same<br><input type="radio"/> | Decreased slightly<br><input type="radio"/> | Decreased greatly<br><input type="radio"/> | Unsure<br><input type="radio"/> |
| 2. Among children 3 to 9 years old what proportion of their parents smoke inside the home?   |  | < 33%<br><input type="radio"/>              | 33-66%<br><input type="radio"/>          | > 66%<br><input type="radio"/>              | Unsure<br><input type="radio"/>            |                                 |
| 3. What percentage of smokers are seen by a physician annually?  |  | < 33%<br><input type="radio"/>              | 33-66%<br><input type="radio"/>          | > 66%<br><input type="radio"/>              | Unsure<br><input type="radio"/>            |                                 |
| 4. What percentage of women relapse after quitting during pregnancy?   |  | < 33%<br><input type="radio"/>              | 33-66%<br><input type="radio"/>          | > 66%<br><input type="radio"/>              | Unsure<br><input type="radio"/>            |                                 |
| 5. Which of the following are known health benefits of quitting? (check all that apply)  |  |   |  |   |  |                                 |
| a. Lung function improves up to 30%  |  |   |  |   | <input type="radio"/>                      |                                 |
| b. Cilia in lungs regain normal function   |  |   |  |   | <input type="radio"/>                      |                                 |
| c. Excess risk of CHD decreases to half that of a continuing smoker  |  |   |  |   | <input type="radio"/>                      |                                 |
| d. Risk of stroke is reduced to that of people who have never smoked   |  |   |  |   | <input type="radio"/>                      |                                 |
| e. Lung cancer risk almost fully decreases within two years  |  |   |  |   | <input type="radio"/>                      |                                 |
| 6. Describe the relationship between 'cold turkey' and pharmacotherapy in terms of effectiveness strategies for smoking cessation (NRT=Nicotine Replacement Therapy) |  |   |  |   |  |                                 |
| a. Cold turkey twice as effective as NRT   |  |   |  |   | <input type="radio"/>                      |                                 |
| b. No difference   |  |   |  |   | <input type="radio"/>                      |                                 |
| c. NRT twice that of cold turkey   |  |   |  |   | <input type="radio"/>                      |                                 |

7. Adults experience a quicker onset of nicotine addiction properties than do children and adolescents True  False  Don't Know
8. Cigarette smoking by pregnant women has been associated with which of the following potential adverse fetal outcomes:
- |   | True                  | False                 | DK                    |
|---|-----------------------|-----------------------|-----------------------|
| a. Stillbirths                            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. Spontaneous abortions                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. Decreased fetal growth                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. Premature births                       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e. Low birth weight                       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| f. Sudden infant death syndrome           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| g. Childhood cancers                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| h. Decreased lung development             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| i. More asthma and respiratory infections | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
9. Which of the following are FDA and Public Health Service-recommended treatments for smoking cessation? (check all that apply)
- |                           |                       |                         |                       |
|---------------------------|-----------------------|-------------------------|-----------------------|
| a. Bupropion (Wellbutrin) | <input type="radio"/> | e. Nicotine gum         | <input type="radio"/> |
| b. Nicotine inhaler       | <input type="radio"/> | f. Nicotine nasal spray | <input type="radio"/> |
| c. Nicotine patch         | <input type="radio"/> | g. Nicotine lozenge     | <input type="radio"/> |
| d. Nortriptyline          | <input type="radio"/> | h. Clonidine            | <input type="radio"/> |
10. The 5A's for tobacco cessation include which of the following: (check all that apply)
- |             |                       |              |                       |            |                       |
|-------------|-----------------------|--------------|-----------------------|------------|-----------------------|
| a. Arrange  | <input type="radio"/> | e. Ascertain | <input type="radio"/> | i. Apply   | <input type="radio"/> |
| b. Ask      | <input type="radio"/> | f. Avoid     | <input type="radio"/> | j. Address | <input type="radio"/> |
| c. Adverse  | <input type="radio"/> | g. Assist    | <input type="radio"/> | k. Advise  | <input type="radio"/> |
| d. Admonish | <input type="radio"/> | h. Assess    | <input type="radio"/> |            |                       |

**II. Indicate your level of agreement with the following statements**

- |  | Strongly Disagree | Disagree | Agree | Strongly Agree |
|--|-------------------|----------|-------|----------------|
| 1. I am able to prevent some young patients from smoking                                 | ①                 | ②        | ③     | ④              |
| 2. I am able to convince some patients to quit smoking                                   | ①                 | ②        | ③     | ④              |
| 3. My mentors are excellent role models who help their patients who want to quit smoking | ①                 | ②        | ③     | ④              |
| 4. I think there is too much tobacco information in my courses                           | ①                 | ②        | ③     | ④              |
| 5. I understand the state reimbursement/Medicaid options for cessation counseling        | ①                 | ②        | ③     | ④              |

	Strongly Disagree	Disagree	Agree	Strongly Agree
6. I am knowledgeable about public health and policies related to tobacco (eg, age requirements for tobacco purchases, limits on tobacco advertising)	①	②	③	④
7. When a patient has multiple health problems, I am less inclined to talk about smoking	①	②	③	④
8. I know how to advise patients about the use of nicotine replacement therapy	①	②	③	④
9. I feel confident:				
a. Discussing smoking cessation and prevention with children and adolescents	①	②	③	④
b. Discussing a child's smoking with their parents	①	②	③	④
c. Influencing organization and public policy related to tobacco	①	②	③	④
d. Tailoring counseling for various races/ethnicities	①	②	③	④
10. I have an impact on patients' smoking behaviors	①	②	③	④
11. I believe that physicians have a responsibility to advocate for public health and prevention in the following venues (check all that apply):				
a. Media	<input type="radio"/>			<input type="radio"/>
b. Policy	<input type="radio"/>			<input type="radio"/>
c. Legislature	<input type="radio"/>			<input type="radio"/>
d. School				<input type="radio"/>
e. None of these				<input type="radio"/>
f. Other : _____				<input type="radio"/>

**III. Please rate your current skill level for the following**

	Not at all skilled	Somewhat skilled	Moderately skilled	Very skilled
1. a. Counseling a child for smoking prevention	①	②	③	④
b. Counseling an adolescent for smoking prevention	①	②	③	④
c. Asking about smoking at every visit	①	②	③	④
d. Advising all smokers to quit	①	②	③	④
e. Assessing patient willingness to quit	①	②	③	④
f. Assisting the patient with a quit plan	①	②	③	④
g. Arranging follow-up contact	①	②	③	④
h. Recommending nicotine replacement therapy	①	②	③	④
i. Providing information regarding the effects of environmental tobacco smoke	①	②	③	④
j. Talking with a pregnant patient about effects of smoking	①	②	③	④
k. Influencing organizational and public policies related to tobacco	①	②	③	④

**IV. Please estimate your experience during your clinical training:**

1. Estimate the number of <u>adult patients</u> for whom you have:	None	1-3	4-9	10-25	>25
a. Asked about smoking history?	①	②	③	④	⑤
b. Advised patients to quit?	①	②	③	④	⑤
c. Assessed willingness to quit smoking?	①	②	③	④	⑤
d. Assisted with a quit plan?	①	②	③	④	⑤
e. Arranged follow-up contact?	①	②	③	④	⑤
f. Counseling about effects of environmental tobacco smoke?	①	②	③	④	⑤
g. Talked with about effects of smoking in pregnancy?	①	②	③	④	⑤
2. Estimate the number of times you have referred a hospitalized patient who wants to quit smoking	①	②	③	④	⑤
3. I have counseled the following patients about smoking:	Yes	No			
a. Adolescents	<input type="radio"/>	<input type="radio"/>			
b. Pregnant women	<input type="radio"/>	<input type="radio"/>			
c. Parent who smokes in the home	<input type="radio"/>	<input type="radio"/>			
d. Patients of varied literacy levels	<input type="radio"/>	<input type="radio"/>			
e. Patients of varied race and ethnicities	<input type="radio"/>	<input type="radio"/>			
f. Hospitalized smokers	<input type="radio"/>	<input type="radio"/>			
4. During my hospital or community clinics, or clerkship experience, I have seen reminders such as vital signs, chart stickers, and checklists that prompt providers to encourage patients not to smoke	Yes, frequently <input type="radio"/>	Yes, on occasion <input type="radio"/>		No, never <input type="radio"/>	
5. Have you ever?	Yes	No			
a. Talked to a patient who smokes who is dealing with issues related to weight gain	<input type="radio"/>	<input type="radio"/>			
b. Talked to a patient about ways to decrease their withdrawal symptoms	<input type="radio"/>	<input type="radio"/>			
c. Talked to a patient about getting social support to help them to quit smoking	<input type="radio"/>	<input type="radio"/>			

**V. Observation**

1. How many times during medical school have you:	None	1-3	4-9	10-25	>25
a. Observed a physician take a smoking history?	①	②	③	④	⑤
b. Observed a physician counsel children about smoking prevention?	①	②	③	④	⑤
c. Observed a physician counsel patients to quit smoking?	①	②	③	④	⑤
d. Observed a physician give tobacco counseling to a pregnant woman	①	②	③	④	⑤
e. Observed a physician talk with a parent about environmental tobacco smoke (ETS)	①	②	③	④	⑤

**VI. Instruction**

1. How many times during medical school have you:	None	1-3	4-9
a. Been instructed to take a patients' smoking history?	①	②	③

- b. Been instructed to counsel children about smoking prevention?      ①      ②      ③
- c. Been instructed to counsel patients to quit smoking?      ①      ②      ③
- d. Been instructed to talk with patients about smoking in pregnancy      ①      ②      ③
- e. Been instructed to talk with a parent about environmental tobacco smoke (ETS)      ①      ②      ③

2. Thinking back over your medical school experience, have you been taught the following?:

- |  | Yes                   | No                    |
|--|-----------------------|-----------------------|
| a. How to counsel a smoking parent at a pediatric appointment        | <input type="radio"/> | <input type="radio"/> |
| b. How to use the 5A's by a community preceptor                      | <input type="radio"/> | <input type="radio"/> |
| c. How to appropriately prescribe nicotine replacement therapy       | <input type="radio"/> | <input type="radio"/> |
| d. How to assess nicotine dependence in children                     | <input type="radio"/> | <input type="radio"/> |
| e. How to employ culturally competent strategies                     | <input type="radio"/> | <input type="radio"/> |
| f. How to include family members when they are talking about smoking | <input type="radio"/> | <input type="radio"/> |

**VII. Tell us about your courses and faculty**

1. Have you been taught to do tobacco counseling in any of the following? (check all that apply)

- |                                 | Never                 | Once                  | More than once        |
|---------------------------------|-----------------------|-----------------------|-----------------------|
| a. Case-based discussion        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. Simulated patient encounter  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. Clinical skills course       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. Web-based education exercise | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

2. Please check all clerkships where you have been instructed on how to talk with patients about smoking

- |                    |                       |                                 |                       |
|--------------------|-----------------------|---------------------------------|-----------------------|
| a. Family Medicine | <input type="radio"/> | d. Internal Medicine            | <input type="radio"/> |
| b. Surgery         | <input type="radio"/> | e. OB/GYN                       | <input type="radio"/> |
| c. Pediatrics      | <input type="radio"/> | f. Other, please describe _____ |                       |

3. Faculty at my school have emphasized the need for a team approach to encourage patients to quit smoking

Yes	No
<input type="radio"/>	<input type="radio"/>

4. Faculty at my school have instructed me on how to make a referral for smoking cessation services

Yes	No
<input type="radio"/>	<input type="radio"/>

**VIII. Finally, we would be interested in learning about new ways that tobacco education can be taught in your school**

1. For clerkships, I would be interested in the following:

Yes	No
<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>

2. For a 4<sup>th</sup> year elective, I would be interested in the following:

<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>