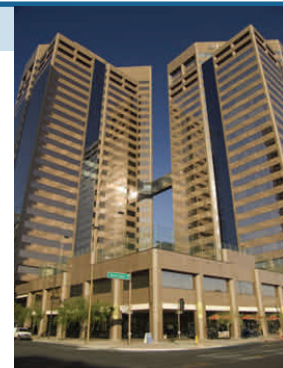




# Phoenix Area Monthly Newsletter

“Committed to Patient Care”



October Issue

Southwest Region

October, 2012

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## Tobacco Cessation

Tobacco plays an important role in American Indian culture. Smoking is associated with increased risk of heart disease, stroke, lung and other types of cancers, and chronic lung disease (Health, US, 2011).

Compared to other populations, the American Indians/Alaskan Natives are reported to have the highest prevalence of smoking. In order to address these issues, Indian Health Service is taking the opportunity to deliver tobacco cessation services in our clinical environments.

### Success

The Whiteriver Indian Hospital's Pharmacy implemented a Tobacco Cessation Clinic, allows any benefi-

ciary to be seen for counseling. Referrals are generated through screening efforts in clinics, ER, urgent care, and radio shows, plus self-referrals and word of mouth. Participation in the clinic is ultimately approved by ones primary care provider, but is not necessary to start the counseling process. Time is spent developing a quit plan, assessing tobacco dependence, working through problem solving, and building off of past successes. Patients who have taken part in the Whiteriver Hospital Tobacco Cessation Program have been very successful.

Whiteriver Indian Hospital has also made a difference outside the community by teaching the skills of Basic

Tobacco Intervention to healthcare providers outside of Whiteriver. LCDR Atkinson and Alena George, PHN, instructed 8 Healthcare providers in January 2011 at the Wassaja Indian Health Clinic at Fort McDowell, Arizona. LCDR Atkinson also teamed up with University of Arizona's Louise Strayer in March, 2012 to certify thirty state, tribal, and IHS employees from Oklahoma as providers and instructors in Basic Tobacco Intervention. Whiteriver Indian Hospital is committed to improving the health of our nation through efforts both locally and nationally.

## Annual Deaths Attributed to Cigarette Smoking-United States, 2000-2004 (cdc.gov)

